



# Training on Person-Centered Thinking

Sponsored by the NC Department of Health and Human Services and the  
UNC School of Social Work, Jordan Institute for Families

Please indicate which event and location.	<input type="checkbox"/> October 1-2, Black Mountain	<input type="checkbox"/> January 12-13, Charlotte
	<input type="checkbox"/> October 5-6, Burlington	<input type="checkbox"/> January 14-15, Cary
	<input type="checkbox"/> October 7-8, Winston-Salem	<input type="checkbox"/> February 2-3, Greensboro
		<input type="checkbox"/> May 13-14, Greenville

**Person-centered thinking** provides additional tools for you to use with the people you support and their families in order for you to get a more complete picture of what they need to make their lives better, regardless of setting.

### Registration:

**On line** at <http://NCSWLearn.org>, or

**Fax** form to: Libby Phillips, 919-962-3653, or

**E-mail** form to: [ephilli@email.unc.edu](mailto:ephilli@email.unc.edu), or

**Mail** form to: CARES, School of Social Work, CB# 3550, UNC-Chapel Hill, 27599-3550.

**Registration is limited to 25 people.**

**The deadline is 5 working days before the event.**

**Fee: \$50;** includes educational materials and AM breaks (lunch is on your own both days). Make check payable to UNC School of Social Work.

If you need the aids or services provided under the *Americans with Disabilities Act* to enable you to participate in this event, please contact us at least three weeks before the event.

### Registration Form

Please print or type legibly.

First Name:		Middle Initial:	Last Name:		
Honorific: <input type="checkbox"/> Ms. <input type="checkbox"/> Mrs. <input type="checkbox"/> Miss <input type="checkbox"/> Mr. <input type="checkbox"/> Dr.			Gender: <input type="checkbox"/> Female <input type="checkbox"/> Male		
If you have registered for training under another name, what was it?			What name would you like on your name tag?		
Race/Ethnicity (Optional) <input type="checkbox"/> African American <input type="checkbox"/> Asian/Pacific Islander <input type="checkbox"/> Caucasian <input type="checkbox"/> Latino/Hispanic <input type="checkbox"/> Native American/Eskimo <input type="checkbox"/> More than one					
Telephone (including area code) (We ask for home and cell numbers in case we must cancel events for weather or other emergencies.) Home: (    )                      Cell: (    )                      Work: (    )                      Ext.					
Work E-mail Address:			Fax Number: (    )		
Agency Name:					
Mailing Address (PO Box, Drawer #, or Street Name and Suite):					
City:	State:	Zip:	State Courier:	County:	
Supervisor's Full Name:			Supervisor's Phone: (with area code)		
<b>Employment type</b> <input type="checkbox"/> Not applicable <input type="checkbox"/> County DSS – Permanent <input type="checkbox"/> County DSS – Temporary <input type="checkbox"/> County Not DSS <input type="checkbox"/> Federal agency <input type="checkbox"/> State agency/public university <input type="checkbox"/> Private university/ college <input type="checkbox"/> Private agency/business		<b>Work type</b> <input type="checkbox"/> Direct client service <input type="checkbox"/> Line supervisor <input type="checkbox"/> Trainer/staff development <input type="checkbox"/> Program manager <input type="checkbox"/> Program/admin. support <input type="checkbox"/> Director <input type="checkbox"/> Other _____ <input type="checkbox"/> Not applicable		<b>Field of Practice</b> <input type="checkbox"/> Aging services <input type="checkbox"/> Assisted living <input type="checkbox"/> Attorney/judicial <input type="checkbox"/> Department of social services <input type="checkbox"/> Developmental disabilities <input type="checkbox"/> Health/medical <input type="checkbox"/> Hospital discharge planning <input type="checkbox"/> Other hospital role	<input type="checkbox"/> Law enforcement <input type="checkbox"/> Mental health <input type="checkbox"/> Nursing home <input type="checkbox"/> Student/student intern <input type="checkbox"/> Substance abuse <input type="checkbox"/> Vocational rehabilitation <input type="checkbox"/> Other: _____
<b>Highest Degree/Field of study</b> <input type="checkbox"/> HS <input type="checkbox"/> Associate _____ <input type="checkbox"/> Bachelor's _____			<input type="checkbox"/> Master's _____ <input type="checkbox"/> Doctorate _____		
			<b>Total Amount Enclosed: \$</b> _____		

This training was adapted from the Learning Community for Person Centered Practices, under Grant Nos. 1LQCMS300077 and 1LOCMS030197/01 from the US Department of Health and Human Services, Centers for Medicare & Medicaid Services. However, the contents herein do not necessarily represent the policy of the US Department of Health and Human Services, and you should not infer endorsement by the Federal government. Please include this disclaimer whenever copying or using all or any part of this document in dissemination activities



# Person-Centered Thinking

## Curriculum Description

This training was developed by The Learning Community for Person-Centered Practices (<http://www.learningcommunity.us/home.html>) to help people who need services and supports “get better lives, not just better plans.” It consists of 2 days of exercises where the participants acquire basic person-centered thinking skills such as:

- The importance of being listened to and the effects of having no positive control
- The role of daily rituals and routines
- How to discover what is important to people
- How to sort what is important for people from what is important to them
- How to respectfully address significant issues of health or safety while supporting choice
- How to develop goals that help people get more of what is important to them while addressing issues of health and safety

The training in person-centered thinking is recommended for all human services providers, regardless of their role or agency. It serves as a foundation for everyone who is involved in supporting people with significant disabilities, but its strategies can be generalized to many other interactions, both work-related and personal.

**Day One:** The focus of this day of learning is to provide participants instruction and ample practice in the processes and structures used to develop plans that support choice while addressing issues of health and safety. This day of activities relies on group work and discussion. Through a series of applied stories and guided exercises, participants practice sorting information using the following frameworks:

- What is important to a person and what is important for a person
- Core responsibilities for those who provide support; when judgment and creativity is expected; what is outside the responsibility of paid staff
- What makes sense and what doesn't make sense, and recording this information from a variety of perspectives
- Aspects to consider when matching people who receive supports with people who provide supports

**Day Two:** The focus of this day is to provide instruction regarding key principles of person-centered thinking as applied through essential lifestyle planning. Participants develop their skills in person-centered thinking through a series of guided exercises, done in pairs with a fellow participant. Through directed conversation, listening and sorting information, and writing down what they have learned about their partner, participants practice skills required for developing person-centered plans. At the end of the day participants have a first plan that they have made for themselves.