



Online Course: Seeing is Believing®

Videotaping families and using guided self-observation to build on parenting strengths

Earn a Continuing Education Certificate (24 clock hours [CEUs])

Note: If you are from a state other than MN, you may want to check with your licensing board to verify that the same measurement standard will be applied in your state for this credit.

Course Description:

Originally developed as part of the STEEP™ program, Seeing is Believing® is a unique videotaping practice that enhances the parent's sensitivity and responsiveness, promotes self-observation, and supports parental competence and confidence. Through videotaped parent-child interaction and guided viewing of the tape, Seeing is Believing® promotes perspective-taking by giving parents a chance to see, from a strength-based point of view, what happens between them and their baby.



Course Instructor:

Jill Simon has over 20 years experience in prevention, early intervention, and mental health. Her work in home visiting began with Project STEEP™, a research project at the University of Minnesota, Institute of Child Development. She is co-author with Martha Farrell Erickson of the STEEP™ and the Seeing is Believing™ Training Materials. Jill is currently Case Consultant and Supervisor with Dakota Healthy Families, an early intervention program providing intensive home visiting to overburdened parents. She is a Licensed Independent Clinical Social Worker with a Masters degree in Social Work and a Certificate in Child Abuse Prevention Studies from the University of Minnesota. As field faculty for CEED/Harris Programs, Jill offers training and consultation on relationship-based practice with parents and young children.

This course is intended for professionals such as:

Professionals working with parents and their very young children, including home visitors, public health nurses, early interventionists, parent educators, Early Head Start staff, etc.

Course Format: On-line, textbook, course web site, instructor-led discussion

Equipment Requirements: Computer with Internet connection (preferably other than modem connection), CD-ROM drive. Also need access to videotaping equipment and a volunteer parent-child pair (this could be a family with whom you work or know personally as long as you have a release to send the tape to the instructor for feedback)..

Course Requirements:

Short weekly assignments allow students to reflect on the readings and receive feedback from the instructor and other students. The final assignment provides an opportunity for the student to practice Seeing is Believing® with a family; after videotaping a family and watching the tape together, the students summarize the experience in a short paper. The parent keeps the video as a documented memory of the baby's development.

Fee: \$225.00 plus required textbook: Erickson, M. F., & Kurz-Reimer, K. (1999). *Infants, Toddlers, and Families*. New York: Guildford Press. ISBN # is 1-57230-487-1.

To register: Visit <http://cehd.umn.edu/ceed/profdev/onlinecourses/sib.htm>

Questions? Contact Karen Anderson at 612-625-6617 or ander352@umn.edu.