

Colorado WIC Certification Program Level III: Participant-Centered Education Course

Below lists the details of the introduction and 9 individual modules that make up the participant-centered education (PCE) course in suggested order of completion along with optional training resources. Modules are located on CO.TRAIN.org using the course ID.

Resources are located on the CO WIC website.

Order of Completion	CO.TRAIN Course ID	Online PCE Modules	Objectives	Resource
1	1050280	Introduction to WIC PCE	Describe participant centered education	
2	1050282	What motivates people to change?	<ul style="list-style-type: none"> -Define stages of change -Give examples of change talk -Define uncertainty to change 	<ul style="list-style-type: none"> -How ready are you? -Stages of Change Overview & Counseling Strategies -What motivates people to change?
3	1050283	The spirit of PCE	<ul style="list-style-type: none"> -Describe the spirit of participant centered services (PCS) -List the benefits of PCS for staff & participants 	<ul style="list-style-type: none"> -Observation: Spirit of PCE -Reference: The heart of PCE
4	1050284	Opening the conversation	<ul style="list-style-type: none"> -Recognize the importance of setting the tone of the appointment - Practice opening up the conversation 	<ul style="list-style-type: none"> - Clinic self-assessment -Observation: Opening the conversation
5	1050285	O.A.R.S	<ul style="list-style-type: none"> - List characteristics of active listening -Define the O.A.R.S 	<ul style="list-style-type: none"> - Keeping the spirit alive -Observation: O.A.R.S
6	1050286	Roadblocks to listening	<ul style="list-style-type: none"> -Recognize what makes listening so difficult -Identify the impact judgments can have -Consider strategies to minimize impact of judgments -Reflect on your judgments 	<ul style="list-style-type: none"> -How do you relate to various people? -Activity: Roadblocks to listening -Observation: Roadblocks to listening
7	1050301	Moving from assessment to	-Identify the advantages of completing a fill	-Blank circle chart

		counseling	assessment -Identify strategies to facilitate completing a full assessment -Use a summary statement	-Observation: Moving from assessment to counseling
8	1050302	Provide advice/nutrition education	-Avoiding restrictive language -Asking permission to share information -Identify times when appropriate to offer advice -Define anticipatory guidance -Practice offering nutrition education	- Explore-offer-explore -Handouts the participant centered way -Handout: Moving from assessment to counseling flow chart -Observation: Providing advice-offering nutrition education
9	1050303	Rolling with resistance	-Recognize behaviors that generate resistance -Observe strategies for rolling with resistance -Identify signs of resistance -Explore how to apply strategies	- Observation: Rolling with resistance
10	1050304	Next steps	-Recognize importance of working with participants to develop next steps -Practice a two-step process	- Handout: Establishing next steps- Baby steps -Observation: Establishing next steps -Participant Centered Services- how are you doing? -Putting all the pieces together