



FROM CORRECTIONAL FATIGUE TO FULFILLMENT FAQ'S:

What is the History of FCF2F?

The FCF2F program was created by Caterina Spinaris, Ph.D. Dr. Spinaris is the founder of Desert Waters Correctional Outreach. The Corrections Fatigue Process Model is based on a theory that describes personality changes as the result of psychological trauma. This theory is called "Constructivist Self Development Theory (CSDT), and was developed by three psychologists in the 1990's. The course "From Corrections Fatigue to Fulfillment" was awarded the 2016 Commercial Product Award of Excellence by the International Association of Correctional Training Personnel.

Who facilitates the training?

The training is facilitated by individuals within the Staff Development and Training Division and other selected IDOC Staff who completed the five-day Instructor Certification Training given by personnel with Desert Waters.

Who is an ideal candidate?

This program is written for all Correctional staff. It is all about staff needs and taking care of staff. It discusses wellness strategies that either individuals or administrators can put to practice to benefit employees.

How are candidates selected?

Anyone who is interested in attending can ask their Training Coordinator to enroll them in the program. Programs are held regionally.

How do you measure success of the training?

Completing the day-long program and developing tools to deal with the daily stressors of Correctional work is one way to measure success. Everyone will take away something a little different. It's all about self-care and learning how to live and work in the Correctional setting.

What are some of the topics included in the program?

Topics include understanding the nature and causes of Correctional Fatigue; identifying strategies to increase fulfillment as a correction's professional; identifying strategies to manage stress associated with correction's work; and identifying organizational strategies to cultivate a positive organizational climate.

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