



**COMMUNITY  
SOCIAL PEDIATRICS  
INSTITUTE**

FONDATION DR JULIEN

**Professional Training  
Program  
2024-2025**

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# The Community Social Pediatrics Approach

The Community Social Pediatrics (CSP) approach was developed by Dr. Gilles Julien, a pediatrician, in the 1990s with the collaboration of numerous partners in health and social services, schools and communities. In the 2000s, H  l  ne (Sioui) Trudel, lawyer and mediator, enriched the CSP model by developing tools to promote access to justice and ensure the respect of all rights enshrined in the *Convention on the Rights of the Child*. To achieve this, the model relies on the active participation of the child and their family, and an approach based on prevention and conflict resolution. Since then, this model of integrated social medicine has attracted attention from more and more communities and professionals working with children in difficulty.

## The Community Social Pediatrics Institute

In order to disseminate the knowledge developed through shared experience and social innovation, [Fondation Dr Julien](#) created the **Community Social Pediatrics Institute (CSPI)**.

The Community Social Pediatrics Institute (CSPI) was set up in winter 2020 by the Fondation Dr Julien, in an effort to offer training services to anyone interested in integrating the CSP approach into their professional or personal lives, in Quebec and elsewhere in the world. More broadly, the CSPI contributes to ensuring the sustainability of CSP by acting as a center of expertise in training, research, knowledge transfer and support for CSP innovations:

- By raising awareness and training anyone interested in integrating the principles of this approach into their professional or personal lives;
- By codifying, developing and evaluating practice using scientific methods.

The Institute offers several learning modalities adapted to adult learners, including online and blended training, in French and English. To facilitate the integration of CSP into professional practice, we offer to professionals working in Community Social Pediatrics Centers (CSPC) a training program tailored to their professional profile.

As an institutional member of SOFEDUC, the CSPI is authorized to issue Continuing Education Units (CEUs). Several orders, associations, professional groups and private, public and parapublic companies recognize CEUs as a mark of excellence that validates the pedagogical and administrative processes involved in training.

Finally, we are also committed to facilitating training credits through our partnership with M  decins Francophones du Canada.

## Our mission

The CSPI contributes to building a community of practice anchored in respecting all of the fundamental rights enshrined in the *Convention on the Rights of the Child*. It provides the necessary tools by offering training to anyone interested in integrating the spirit and knowledge of CSP in their professional or personal life, either in Quebec or elsewhere in the world. This model of integrated social medicine uses a collaborative and engaged approach to care for, support and provide tools to vulnerable children in order to prevent and counter the impact of toxic stress on their health and development.

## CSPI's Training Portal

The institute has set up an online platform, which has made it an indispensable resource for learning CSP. This platform, entirely dedicated to CSP training, will enable you to complete online training courses, register for face-to-face courses and obtain training credits.

## Our Team

### Direction

**Myriam Hivon** – Director of training and research, CSPI

### Instructional Design and Technology Team

**Céline Desjardins** – Instructional Designer

**David Guillemette** – EdTech Specialist and Training Platform Manager

**Marie-Ève Lapointe** – Instructional Designer, Continuing Professional Education

### Coordination Team

**Ketty Marradi** – Clinical Expertise Development Coordinator

### D-CODE Team

**Sophie Vaillancourt** – Consultant, trainer and content expert

### Research

**Marie-Ève Turcotte** – Scientific Coordinator

### Content Experts

**Dr Gilles Julien** – Pediatrician and founder of CSP

**Me Hélène (Sioui) Trudel** – Founder, Integrated Law in CSP; Co-founder, FDJ

**Me Malika Saher** – Director, Integrated Law, FDJ

The teams of the following CSPC's: La Ruelle d'Hochelaga, the Garage à musique and Atlas (Côte-des-Neiges)

The teams of the designated CSPC centers: Gatineau and Vieux-Hull, and Lévis

# Continuing Professional Development Program

The CSPI offers a continuing professional development program designed specifically for professionals in the health sciences, social sciences and legal fields who work at, or in partnership with, community social pediatrics centres (CSPCs). Aimed at fostering continuous improvement in practice, our programs are offered in a variety of online, in-person and hybrid learning formats that we continually update in response to the needs of our different target publics.

Our Continuing Professional Development comprises three components:

1. An Introductory Program
2. An Advanced Program
3. Complementary Training Courses

In addition, most of our trainings are recognized by Médecins francophones du Canada.

## Introductory Program

This program is the starting point for any practice in CSP. Its objective is to ensure that all professionals working in the CSP network have a common understanding of the approach.

**All new employees in a CSPC must complete the training modules of the Introductory Program listed in their profile before advancing to other training programs.** For physicians, completing the Introductory Program is required by Quebec's Ministère de la Santé et des Services Sociaux.

## Advanced Program

The goal of this program is to enrich your CSP practice by acquiring a deeper understanding of themes specific to the approach. Bringing together experts in the field of child vulnerability, it helps clinicians update their knowledge and refine their interventions on themes specific to CSP.

## Complementary Training Courses

Complementary training is optional. They represent an opportunity to deepen and enrich your practice of community social pediatrics. Our complementary curriculum offers a variety of learning modalities adapted to all levels of experience, and will enable you to explore topics, themes and issues that affect you on a daily basis.

## Finding Your Way

1

### CONSULT THE TRAINING PATH

specific to the certification level of your center or profession

CSPC in development (CD)

CSPC undergoing certification (CC)

Certified CSPC, Regular 1 (R1)

Certified CSPC, Regular 2 (R2)

Certified CSPC, Regular 3 (R3)

2

### IDENTIFY RELEVANT TRAINING COURSES

for you and your team

There is no need to rush through the complete training program! We rather suggest that you update your clinical trainings when relevant and view this program in a continuous improvement perspective.

3

### CONSULT THE COURSE DESCRIPTIONS

to learn more about the content and objectives of each training course

Visit the [training portal](#) to find out about registration dates for in-person or blended trainings.

Should you need any further information regarding this training program, please do not hesitate to contact our Training Coordinator at the following address : [formation@pediatriesociale.org](mailto:formation@pediatriesociale.org)





# Continuing Professional Development








## Certification Levels

### CPSC In Development

#### Legend

- Online Training
- In Person Training Session
- Blended Learning
- Distance Training





-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
-  New training to your profile
- CC Clinical Coordination
- CD Clinical Direction
- GM General Management
- LW Law and mediation
- MD Medicine and Nursing
- CR Client Reception
- CFL Clinical Follow-Up Lead
- FS Follow-Up/Support
- SW Social Work

















		Introductory Program	Advanced Program	Complementary Training
	Introduction to Community Social Pediatrics	All team members		
	The Seven Principles of the Rights of the Child	All team members		
	Toxic Stress and Intervention Strategies	MD – CFL – FS		
	The Clinical Process in CSP	All team members		
	Clinical Observation	MD – CFL		
	ADHD and Behavioural Problems		MD	
	Anxiety Disorders in Vulnerable Children		MD	
	Clinical Exchanges			CFL – MD – FS – LW

## CSPC Regular 1

### Legend

Online Training
In Person Training Session
Blended Learning
Distance Training

-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
-  New training to your profile
- CC Clinical Coordination
- CD Clinical Direction
- GM General Management
- LW Law and mediation
- MD Medicine and Nursing
- CR Client Reception
- CFL Clinical Follow-Up Lead
- FS Follow-Up/Support
- SW Social Work





		Introductory Program	Advanced Program	Complementary Trainings
  	Introduction to CSP	All team members		
  	The Seven Principles of the Rights of the Child	All team members		
 	Toxic Stress and Intervention Strategies	MD - CFL- FS LW - GD		
 	The Clinical Process in CSP	All team members		
	Clinical Observation	MD - CFL		
 	ADHD and Behavioural Problems		MD - CFL	
	Anxiety Disorders in Vulnerable Children		MD - CFL	
  	Clinical Exchanges		CFL - MD - FS - LW	









## CSPC Regular 2

### Legend

- Online Training
- In Person Training Session
- Blended Learning
- Distance Training





-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
-  New training to your profile
- CC Clinical Coordination
- CD Clinical Direction
- GM General Management
- LW Law and mediation
- MD Medicine and Nursing
- CR Client Reception
- CFL Clinical Follow-Up Lead
- FS Follow-Up/Support
- SW Social Work














		Introductory Program	Advanced Program	Complementary Trainings
	Introduction to CSP	All team members		
	The Seven Principles of the Rights of the Child	All team members		
	Toxic Stress and Intervention Strategies	All team members		
	The Clinical Process in CSP	All team members		
	Clinical Observation	MD - CFL		
	ADHD and Behavioural Problems		MD - CFL - FS	
	Anxiety Disorders in Vulnerable Children		MD - CFL - FS	

## CPSC Regular 3

### Legend

Online Training
In Person Training Session
Blended Learning
Distance Training

-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
-  New training to your profile
- CC Clinical Coordination
- CD Clinical Direction
- GM General Management
- LW Law and mediation
- MD Medicine and Nursing
- CR Client Reception
- CFL Clinical Follow-Up Lead
- FS Follow-Up/Support
- SW Social Work




		Introductory Program	Advanced Program	Complementary Trainings
  	Introduction to CSP	All team members		
  	The Seven Principles of the Rights of the Child	All team members		
 	Toxic Stress and Intervention Strategies	All team members		
 	The Clinical Process in CSP	All team members		
	Clinical Observation	MD		
 	ADHD and Behavioural Problems		MD – CFL – FS	
	Anxiety Disorders in Vulnerable Children		MD – CFL – FS	








# Professions

## Medicine and Nursing

### Legend

Online Training
In Person Training Session
Blended Learning
Distance Training

-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
- CD CSPC in Development
- EVC CSPC undergoing certification
- R1 Certified CSPC, Regular 1
- R2 Certified CSPC, Regular 2
- R3 Certified CSPC, Regular 3




		Introductory Program	Advanced Program	Complementary Trainings
	Introduction to CSP	Before you start practicing*		
	The Seven Principles of the Rights of the Child	Before you start practicing*		
	Toxic Stress and Intervention Strategies	Before you start practicing*		
	The Clinical Process in CSP	Before you start practicing*		
	Clinical Observation	Before you start practicing*		
	ADHD and Behavioural Problems	Before you start practicing*		
	Anxiety Disorders in Vulnerable Children	Before you start practicing*		
	Clinical Exchanges		CD and R1	








\* Online trainings must be completed prior to the Clinical Observation.

## Clinical Follow-Up Lead

### Legend








Online Training
In Person Training Session
Blended Learning
Distance Training






-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
- CD CSPC in Development
- EVC CSPC undergoing certification
- R1 Certified CSPC, Regular 1
- R2 Certified CSPC, Regular 2
- R3 Certified CSPC, Regular 3

		Introductory Program	Advanced Program	Complementary Trainings
	Introduction to CSP	Entry-to-practice		
	The Seven Principles of the Rights of the Child	Entry-to-practice		
	Toxic Stress and Intervention Strategies	Entry-to-practice		
	The Clinical Process in CSP	Entry-to-practice		
	Clinical Observation	CC, R1 and R2		
	ADHD and Behavioural Problems		R1	
	Anxiety Disorders in Vulnerable Children		R1	
	Clinical Exchanges		CD and R1	

## Law and Mediation

### Legend

	Online Training
	In Person Training Session
	Blended Learning
	Distance Training
	Training recognized by MFC
	Training recognized by the Barreau du Québec
	Training recognized by the SOFEDUC
CD	CSPC in Development
EVC	CSPC undergoing certification
R1	Certified CSPC, Regular 1
R2	Certified CSPC, Regular 2
R3	Certified CSPC, Regular 3




		Introductory Program	Advanced Program	Complementary Trainings
	Introduction to CSPC	Entry-to-practice		
	The Seven Principles of the Rights of the Child	Entry-to-practice		
	Toxic Stress and Intervention Strategies	R1		
	The Clinical Process in CSPC	Entry-to-practice		
	Clinical Exchanges		CC and R1	














## Follow-Up / Support

In CSP, the Follow-Up / Support represents all the professions that generally come into play following an assessment/course of action: **specialized education, psychoeducation, creative therapies, occupational therapy, speech therapy, etc.**

### Legend

Online Training
In Person Training Session
Blended Learning
Distance Training




-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
- CD CSPC in Development
- EVC CSPC undergoing certification
- R1 Certified CSPC, Regular 1
- R2 Certified CSPC, Regular 2
- R3 Certified CSPC, Regular 3











		Introductory Program	Advanced Program	Complementary Trainings
  	Introduction to CSP	Entry-to-practice		
  	The Seven Principles of the Rights of the Child	Entry-to-practice		
 	Toxic Stress and Intervention Strategies	Entry-to-practice		
 	The Clinical Process in CSP	Entry-to-practice		
 	ADHD and Behavioural Problems		R1	
	Anxiety Disorders in Vulnerable Children		R1	

## General Management and Administrative Functions

### Legend

- Online Training
- In Person Training Session
- Blended Learning
- Distance Training




-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
- CD CSPC in Development
- EVC CSPC undergoing certification
- R1 Certified CSPC, Regular 1
- R2 Certified CSPC, Regular 2
- R3 Certified CSPC, Regular 3








		Introductory Program	Advanced Program	Complementary Trainings
  	Introduction to CSP	Entry-to-practice		
  	The Seven Principles of the Rights of the Child	Entry-to-practice		
 	Toxic Stress and Intervention Strategies	Entry-to-practice		
 	The Clinical Process in CSP	Entry-to-practice		

## Clinical Direction

### Legend

Online Training
In Person Training Session
Blended Learning
Distance Training

-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
- CD CSPC in Development
- EVC CSPC undergoing certification
- R1 Certified CSPC, Regular 1
- R2 Certified CSPC, Regular 2
- R3 Certified CSPC, Regular 3




		Introductory Program	Advanced Program	Complementary Trainings
	Introduction to CSP	Entry-to-practice		
	The Seven Principles of the Rights of the Child	Entry-to-practice		
	Toxic Stress and Intervention Strategies	Entry-to-practice		
	The Clinical Process in CSP	Entry-to-practice		
	Clinical Observation	Entry-to-practice		
	ADHD and Behavioural Problems	Entry-to-practice		
	Anxiety Disorders in Vulnerable Children	Entry-to-practice		
	Clinical Exchanges		CD + R1	










## Clinical Coordination

### Legend

Online Training
In Person Training Session
Blended Learning
Distance Training




-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
- CD CSPC in Development
- EVC CSPC undergoing certification
- R1 Certified CSPC, Regular 1
- R2 Certified CSPC, Regular 2
- R3 Certified CSPC, Regular 3











		Introductory Program	Advanced Program	Complementary Trainings
	Introduction to CSP	Entry-to-practice		
	The Seven Principles of the Rights of the Child	Entry-to-practice		
	Toxic Stress and Intervention Strategies	Entry-to-practice		
	The Clinical Process in CSP	Entry-to-practice		
	Clinical Observation	Entry-to-practice		
	ADHD and Behavioural Problems	Entry-to-practice		
	Anxiety Disorders in Vulnerable Children	Entry-to-practice		
	Clinical Exchanges		CD + R1	

## Client Reception

### Legend

- Online Training
- In Person Training Session
- Blended Learning
- Distance Training

-  Training recognized by MFC
-  Training recognized by the Barreau du Québec
-  Training recognized by the SOFEDUC
- CD CSPC in Development
- EVC CSPC undergoing certification
- R1 Certified CSPC, Regular 1
- R2 Certified CSPC, Regular 2
- R3 Certified CSPC, Regular 3

		Introductory Program	Advanced Program	Complementary Trainings
  	Introduction to CSP	Entry-to-practice		
  	The Seven Principles of the Rights of the Child	Entry-to-practice		
 	Toxic Stress and Intervention Strategies	Optional		
 	The Clinical Process in CSP	Entry-to-practice		

# Training Course Descriptions

## Introductory Program

<b>Introduction to Community Social Pediatrics</b>	<b>20</b>
<b>The Seven Principles of the Rights of the Child</b>	<b>21</b>
<b>Toxic Stress and Intervention Strategies</b>	<b>22</b>
<b>The Clinical Process in Community Social Pediatrics</b>	<b>25</b>
<b>Clinical Observation</b>	<b>27</b>
<b>Clinical Exchanges</b>	<b>29</b>

## Introduction to Community Social Pediatrics



*This training is offered by the Community Social Pediatrics Institute (CSPI)*

### Prerequisite

None

### Duration

60 minutes

### Format

[Online module](#)

### Recognized by

- Médecins francophones du Canada (MFC)
- Barreau du Québec

### Cost

Free

### Target Audience

Medicine  
Nursing  
Clinical Follow-Up Lead  
Law and Mediation  
Follow-up/Support  
General Management  
Client Reception  
Clinical Direction  
Clinical Coordination

### Description

CSP is a model of integrated social medicine developed by Dr. Gilles Julien. The approach combines expertise in medicine, law and the social sciences to address situations of multiple traumas. The goal is to identify, reduce and/or eliminate sources of toxic stress that impact the development and well-being of children in difficult living conditions.

This training provides an overview of the main themes specific to CSP by following the story of Mélissa. Through this interactive journey, you discover the main themes, clinical approach, service continuum, unique features, philosophy and values of CSP.

### Objectives

- Understand the key concepts underlying CSP
- Become familiar with the different steps in the service continuum
- Identify the values specific to CSP

### Learning Assessment Method

“Test-your-knowledge” formative assessment

### Training Team

- **Dr Gilles Julien** – Pediatrician, Clinical Director, founder of CSP and Fondation Dr Julien
- **Me Hélène (Sioui) Trudel, C.Q., LL.M.** – Founder of Integrated Law in CSP, and co-founder of Fondation Dr Julien
- **The team of the Community Social Pediatrics Institute**

## The Seven Principles of the Rights of the Child



***This training is offered by the Community Social Pediatrics Institute (CSPI)***

### Prerequisite

Introduction to Community Social Pediatrics

### Duration

120 minutes

### Format

[Online module](#)

### Recognized by

- Médecins francophones du Canada (MFC)
- Barreau du Québec

### Cost

Free

### Target Audience

Medicine  
Nursing  
Clinical Follow-Up Lead  
Law and Mediation  
Follow-up/Support  
General Management  
Client Reception  
Clinical Direction  
Clinical Coordination

### Refund Policy

Not applicable

### Description

Professionals working in social pediatrics encounter children suffering from complex health problems: language delays, motor deficits, poor social skills, severe learning disabilities and behavioural problems. But hidden beneath these difficulties are often sources of stress that result in a violation of one or more of the child's fundamental rights.

In order to ensure a child's full health and well-being, professionals in social pediatrics rely on, among other things, the *Convention on the Rights of the Child* and its global intervention strategy to ensure all children can develop to their full potential. In this sense, the Convention is an indispensable tool for enriching the practice of social pediatrics and influences the actions necessary to help children in difficult living conditions.

This online training is an introduction to the *Convention on the Rights of the Child*. Participants familiarize themselves with the articles of the Convention, learn how they form the basis of the Seven Principles of the Rights of the Child that are used in CSP, and learn to make links between children's needs and potential violations of their rights.

### Objectives

- Link the articles of the *Convention on the Rights of the Child* to the Seven Principles of the Rights of the Child that are used in CSP
- Describe the Seven Principles of the Rights of the Child
- Recognize when the fundamental rights of a child in a situation of vulnerability are being violated

### Learning Assessment Method

“Test-your-knowledge” formative assessment

### Training Team

- **Me Hélène (Sioui) Trudel**, C.Q., LL.M. – Founder of Integrated Law in CSP, and co-founder of Fondation Dr Julien
- **Me Malika Saher** – Senior Lawyer and Mediator, Fondation Dr Julien
- **Me Alex Charbonneau-Corbeil** – Lawyer and Mediator
- **The team of the Community Social Pediatrics Institute**

## Toxic Stress and Intervention Strategies



*This training is offered by the Community Social Pediatrics Institute (CSPI)*

### Prerequisite

Introduction to Community Social Pediatrics  
The Seven Principles of the Rights of the Child

### Duration

150 minutes

### Format

[Online module](#)

### Recognized by

Médecins francophones du Canada (MFC)

### Cost

Free

### Target Audience

Medicine  
Nursing  
Clinical Follow-Up Lead  
Law and Mediation  
Follow-up/Support  
General Management  
Client Reception  
Clinical Direction  
Clinical Coordination

### Refund Policy

Not applicable

### Description

Increasingly, research in neuroscience is focusing on the impact of stress on child development. It is shown that prolonged activation of stress response systems can disturb the development and architecture of the brain and other systems in the body. This can lead to delays in development, detrimental effects on learning and an increased risk of developing certain diseases and cognitive problems in adulthood.

Children living in vulnerable situations often experience strong, frequent and prolonged exposure to adverse conditions. Their response to the stress caused by this adversity can become toxic and prevent them from developing to their full potential. The goal of CSP is to identify, reduce and/or eliminate these sources of toxic stress or their underlying risk factors. Identifying and understanding these sources is therefore essential to the practice of social pediatric professionals: it enables them to make sense of the child's difficulties and then implement effective care and services.

### Objectives

- Understand the links between stress and brain development.
- Describe the impacts of stress on brain development, global development and the health of children in situations of vulnerability.
- Recognize the sources of toxic stress for children in situations of vulnerability.
- Recognize intervention strategies used in CPS to reduce and/or eliminate sources of toxic stress for children in situations of vulnerability.

### Learning Assessment Method

“Test-your-knowledge” formative assessment

### Training team

- **Marie-France Marin**, PhD – Professor, Department of Psychology, UQAM
- **Dr Gilles Julien** – Pediatrician, Clinical Director, founder of CSP and Fondation Dr Julien
- **The team of the Community Social Pediatrics Institute**



## The Clinical Process in Community Social Pediatrics



*This training is offered by the Community Social Pediatrics Institute (CSPI)*

### Prerequisite

Introduction to Community Social Pediatrics  
The Seven Principles of the Rights of the Child  
Toxic Stress and Intervention Strategies

### Duration

180 minutes

### Format

[Online module](#)

### Recognized by

Médecins francophones du Canada (MFC)

### Cost

Free

### Target Audience

Medicine  
Nursing  
Clinical Follow-Up Lead  
Law and Mediation  
Follow-up/Support  
General Management  
Client Reception  
Clinical Direction  
Clinical Coordination

### Refund Policy

Not applicable

### Description

In CSP, assessment/course of action refers to the meeting between the clinical team and the child, their family and key people in their life. The unique clinical process at the heart of this and all follow-up meetings uses the EEDA method (Establishing, Exchanging, Decoding and Action) and relies on a collaborative effort to ensure the child is always the focus of the discussion.

By watching a film illustrating a CSP meeting, you will discover the fictional story of Simon, a young boy struggling with behaviour problems in school, and become familiar with each of the steps in the clinical process used in assessment/course of action.

Throughout this interactive session, you will also have the opportunity to watch interviews with three experienced CSP professionals who will share their views on CSP know-how, each person's role, as well as behaviours to incorporate (or avoid!) during assessment/course of action.

### Objectives

- Differentiate the steps in the CSP clinical process and understand your role in the process and within the context of collaborative intervention (collective know-how).
- Recognize which attitudes and actions taken during the assessment/course of action meeting help you to put into practice the EEDA method (Establishing, Exchanging, Decoding and Action).

### Learning Assessment Method

“Test-your-knowledge” formative assessment

### Training team

- **Dr Gilles Julien** – Pediatrician, Clinical Director, founder of CSP and Fondation Dr Julien
- **Dre Gaëlle Vekemans** – Social Pediatrician, CSPC La Ruelle d’Hochelaga
- **Claudia Bascunan** – Social Worker and Clinical Coordinator, Côte-des-Neiges CPSC
- **The team of the Community Social Pediatrics Institute**

## Clinical Observation

***This training is offered by the Community Social Pediatrics Institute (CSPI)***

### Prerequisite

Beginning practice in a CSPC  
Introductory Program

### Target Audience

Medicine  
Nursing  
Clinical Follow-Up Lead

### Duration

7 hours

### Training Credits

No training credits are offered for this training

### Format

1 day of direct in-person observation in a training CSPC, to be repeated as needed

### Cost

Free

### Refund Policy

Not applicable

### Registration

Contact the Coordinator of clinical observations to book your day: [formation@pediatriesociale.org](mailto:formation@pediatriesociale.org)

### Special Features

- This is a one-time training session ***to be taken before beginning your clinical practice***. It can be repeated as needed.
- This training is mandatory for all doctors who wish to practice in CSP.

### Description

This day of clinical observation helps professionals become familiar with the clinical approach of “assessment–course of action” in CSP. Assessment and determining course of action happens at the meeting between the CSP team (physician, social worker) and the child, accompanied by their family and other significant persons in their life.

The goal is to identify all of the child's needs – physical, social, intellectual, emotional, cultural and spiritual – along with the child's strengths and interests, in order to draw up an integrative action plan that is adapted to the child's unique reality and respects the *Convention on the Rights of the Child*. This process takes into account the child's life trajectory in all its complexity.

### Objectives

Become familiar with the APCA method, which is at the heart of the clinical approach used in CHP. Demonstrate interpersonal skills in line with CHP values, in particular the ability to :

- value the child's voice and keep him/her at the center of discussions and decisions;
- adopt a listening and non-judgmental posture with regard to the values, principles, perceptions and preferences of the child and his or her family;
- demonstrate empathy; and
- strive to co-construct clinical hypotheses and possible solutions with those around the table.

## Learning Assessment Method

Self-assessment

### Training team

- La Ruelle d'Hochelaga CSPC, Montreal
- Le Garage à musique CSPC, Montreal
- Atlas CSPC, Côte-des-Neiges, Montreal
- Gatineau and Vieux-Hull CSPC
- Lévis CSPC

## Clinical Exchanges



*This training is offered by the Community Social Pediatrics Institute (CSPI)*

### Prerequisite

Working in a CSPC undergoing certification or level R1 Introductory Program

### Duration

3 to 6 hours (1 or 2 meetings)

### Format

Distance learning, consisting of 2 sessions of 3 hours each

### Recognized by

Médecins francophones du Canada (MFC)  
Barreau du Québec

### Cost

Free

### Target Audience

Medicine  
Nursing  
Clinical Follow-Up Lead  
Law and Mediation

### Registration Procedure

An invitation will be sent to eligible CSPC

### Refund Policy

Not applicable

### Description

Intended for CSPCs undergoing certification or at R1 level, clinical exchanges are aimed at strengthening clinical teams in assessment/course of action.

At each meeting, a clinical team is selected to present a complex intervention situation in which it is encountering major challenges. Accompanied by a team of trainers, participants work together to examine the intervention situation presented.

The aim of these exchanges is to provide a cross-disciplinary analysis of the problematic situations faced by CSP practitioners, and to identify avenues for intervention and reflection to strengthen their practice. Through these exchanges and the sharing of experiences, clinical teams are able to strengthen their skills in communication, co-intervention and the decoding of verbal and non-verbal languages, three essential skills in CSP.

### Objectives

- Apply the A.P.C.A. method to the analysis of a complex situation.
- Analyze a complex situation using the 7 principles of children's rights.
- Recognize the contribution of a transdisciplinary perspective to the analysis of a complex situation.

## Learning Assessment Method

Self-assessment

## Training Team

**Maude Désaulnier-Charest** – Social Worker, L’envol CSPC (Longueuil)

**Dre Karine Falardeau** – Pediatrician, McGill University

**Séléna Hinse** – Social Worker, Lévis CSPC

**Malika Saher** – Lawyer-Mediator, Integrated Law Director, FDJ

**Myriam Thinel** – Social Worker, Laval CSPC

## Advanced Program

<b>ADHD and Behavioural Problems</b>	<b>32</b>
<b>Anxiety Disorders in Vulnerable Children</b>	<b>33</b>

## ADHD and Behavioural Problems



*This training is offered by the Community Social Pediatrics Institute (CSPI)*

### Prerequisite

Introduction to Community Social Pediatrics  
The Seven Principles of the Rights of the Child  
Toxic Stress and Intervention Strategies

### Target Audience

Medicine  
Nursing  
Clinical Follow-Up Lead  
Follow-up/Support  
Law and Mediation  
Clinical Direction  
Clinical Coordination

### Duration

90 minutes

### Format

[Online module](#)

### Recognized by

Médecins francophones du Canada (MFC)

### Cost

Free

### Refund Policy

Not applicable

### Description

There are many reasons why children in situations of vulnerability often have difficulties paying attention and exhibit behaviours deemed difficult or problematic. In order to properly help such children, it is important to distinguish between more transient problems and those caused by actual neurological deficits. This module begins by examining the causes and signs of ADHD and behavioural disorders. Possible comorbidities that can accompany these disorders are also covered. Finally, case studies are used to examine the interventions favoured by CSP for children with these disorders.

### Objectives

- Recognize and identify the signs of ADHD and behavioural disorders.
- Describe the comorbidities that can accompany these disorders.
- Recognize the biological and environmental sources of these disorders for children in situations of vulnerability.
- Understand the levers used in CSP to help children with these disorders.

### Learning Assessment Method

“Test-your-knowledge” formative assessment

### Training team

- **Dr Leila Ben Amor** – Child psychiatrist, Department of Psychiatry, Université de Montréal
- **Dr Anne-Marie Bureau** – Family physician and Director, CPSC de Gatineau and CPSC du Vieux-Hull
- **Maude Julien** – Nurse and Director, CPSC Lévis
- **The team of the Community Social Pediatrics Institute**





## Anxiety Disorders in Vulnerable Children

*This training is offered by the Community Social Pediatrics Institute (CSPI)*

### Prerequisite

Introduction to Community Social Pediatrics  
The Seven Principles of the Rights of the Child  
Toxic Stress and Intervention Strategies

### Target Audience

Medicine  
Nursing  
Clinical Follow-Up Lead  
Follow-up/Support  
Law and Mediation  
Clinical Direction  
Clinical Coordination

### Duration

90 minutes

### Format

[Online module](#)

### Recognized by

Médecins francophones du Canada (MFC)

### Cost

Free

### Refund Policy

Not applicable

### Description

Children and teens in vulnerable situations experience numerous sources of toxic stress. This daily exposure to stress is associated with several problems, in particular anxiety disorders. Such disorders can affect the child's well-being as well as their capacity to function in different areas of their lives and cope with setbacks. For professionals in CSP, it is essential to distinguish between signs of anxiety disorder and signs of other disorders, and then implement the most appropriate action plan.

### Objectives

- Recognize the signs of anxiety disorders in children and teens in situations of vulnerability
- Explore and try out clinical tools to help children, teens and families in situations of vulnerability cope with and/or overcome anxiety disorder

### Learning Assessment Method

"Test-your-knowledge" formative assessment

### Training team

- **Dr Gilles Julien**– Pediatrician, Clinical Director, founder of CSP
- **Michèle Lambin** – Social worker, Psychoeducator, Instructor and Supervisor
- **The team of the Community Social Pediatrics Institute**