

GKIS Coach Training Q&A and Curriculum Outline

Parents, educators, clergy, and mental health professionals are increasingly becoming aware of the pervasive and serious digital injuries being seen in kids and teens. The GetKidsInternetSafe Coach Training is designed to give professionals and paraprofessionals intensive training to competently work with youth, parents, and families to achieve better harmony and screen safety. The GKIS Coach Training is a 100% online comprehensive course offered in 30 modules. The course work is contained within the first short 26 modules (from our Screen Safety Essentials Course for Christian Families), and the last four modules offer more in-depth clinical support information plus scheduled weekly online group coaching with Dr. Tracy Bennett. Although coaching students will review the Christian content and integration of the [Screen Safety Essentials Course for Christian Families](#), Dr. Bennett will only coach the secular aspects of the program and how to facilitate the learning and application for kids, parents, and families.

[Why screen safety is so important!](#)



Who is eligible for GKIS Coach Training?

Anyone who wants to gain expertise in teaching internet safety to youth and parents can become GKIS Certified. Some students are beginners in working with youth and families while others have a license or certification in their profession.

How long will the GKIS Coach Training take?

Students can complete the first 26 modules online at their own pace, and the coaching with Dr. Bennett requires attendance to a scheduled 45-minute group session once a week for four weeks. We will provide you with scenarios for the group coaching, but you also may wish to be working with your own students during the four weeks so you can address real-time student issues. Consuming all course content should take about 30 to 36 hours to complete. You can enroll at any time, but you must complete the program within 12 months to graduate with a GKIS Certification.

How much does it cost?

The cost of the program is \$2200 per student. Although many programs charge a separate fee for the coaching aspects of the program (on top of tuition), the coaching fee is built into our tuition cost. There is no additional charge. We happily offer discounted pricing for groups.

- 5-10 students = 10% off
- 11-25 students = 15% off
- 26+ students = 20% off

Who provides coaching for the certification?

Coaching students will receive group coaching during the last four modules of the program by Screen Safety Expert and Clinical Psychologist Dr. Tracy Bennett. While anyone can call themselves a coach, Dr. Bennett has been treating clients in her private practice for 30 years and has taught Addiction Studies, Clinical Psychology, and Parenting at California State University Channel Islands for 17 years. She is the Founder of [GetKidsInternetSafe](#) and the author of [Screen Time in the Mean Time: A Parenting Guide to Get Kids Internet Safe](#). She is an Approved Continuing Education Provider with the California Psychological Association (#application pending).

Is there an exam I have to pass to become GKIS Certified?

There are quizzes for each module and a final exam you need to pass to demonstrate an understanding of key concepts and proficiency in coaching youth, parents, and families to use GKIS tools and strategies. The quizzes and the final exam are administered by GetKidsInternetSafe and not by a state or national board.

What can the GKIS Certification do for me?

Few mental health paraprofessionals and professionals express confidence in understanding and counseling youth about their online life experiences. Yet many kids spend more time online than they spend with their parents or outside. GKIS Certification is a life coaching certificate to show clients, customers, church members, prospective employers, etc. that you have completed a rigorous training program in screen safety. Your ability to say you received this training, especially from someone with Dr. Bennett's expertise and reputation, will represent expertise to people who care about quality. Official recognition of life coaching education and training varies widely from area to area and screen safety coaching is even less known. We are pioneers in this area and you can be, too. You might be the first to bring this new expertise to families within your Christian community.

What is the difference between coaching and psychotherapy?

Psychotherapy is a health care service with the primary goals of alleviating symptoms, understanding the underlying dynamics which create symptoms, changing dysfunctional behaviors which are the result of these disorders, and developing new strategies for successfully coping with the psychological challenges which we all face.

Coaching is an out-of-pocket service with the primary goals of developing and implementing strategies to reach the goals of better parenting and family connection and safer family screen use. Coaching uses

personal strategic planning, values clarification, brainstorming, motivational counseling, and other counseling techniques.

Students are responsible for their coaching work, so please follow the ethics and legal rules and regulations relevant to your scope of work and workplace and be very clear with those you work with how coaching is not therapy and does not take the place of therapy. You are responsible to investigate any legal issues for your location. Dr. Bennett bears no legal responsibility for your work with your students. For more information about the differences between coaching and psychotherapy, check out your [GKIS Coaching Contract here](#).

Curriculum Outline

Your GKIS Coach Training offers 30 lessons organized into 5 modules. Each lesson contains a quick parenting video, a video for the whole family to view, and optional downloads with readings, bonus videos, infographics, and bonus webinar access. For the last four lessons, students will attend a weekly group coaching session with Dr. Bennett.

MODULE 1: Get the conversation started with sensible rules and guidelines with our Connected Family Screen Agreement.

MODULE 2: Master tech setup for monitoring & management with our SCREEN SAFETY TOOLKIT and learn the red flags of digital injuries related to health risks and how to avoid them.

MODULE 3: Use our expert home setup strategies to optimize digital fluency with safety in mind with our CONNECTED FAMILY COURSE and learn the red flags of digital injuries related to interpersonal exploitation and how to avoid them.

MODULE 4: Fuel happiness and overall good mental health with the PSYCHOLOGICAL WELLNESS STRATEGIES Dr. B's been using in her practice for over 25 years and learn the red flags of digital injuries related to financial exploitation and how to avoid them.

MODULE 5: Learn how to identify sources of resilience within your students and obstacles that may interfere with progress. Dr. B's coaching will help you implement strategies to expertly facilitate your student's learning about screen safety and their success in becoming more connected as a family.

Learning Objectives:

In the GKIS Coach Training Course, you will receive intensive training to competently work with youth, parents, and families to achieve better harmony and screen safety. After successful completion of this screen safety certification course, you will be able to:

- Identify the historical and socio-cultural aspects of parenting and screen media use.
- Teach the health, interpersonal exploitation, and financial exploitation risks of digital injury.
- Explain the biological, psychological, environmental, and social factors that can lead to vulnerability for digital injury and Internet addictions.

- Better understand how your customers are consuming digital media by knowing how to best investigate and learn about their about critical online behaviors without triggering shame and defensiveness.
- Offer and teach young customers how to employ a toolkit of psychologically informed strategies for best online problem-solving and safety with a Christian-value framework in-mind.
- Create a custom, comprehensive parenting plan for your families to:
 - grow closer with more cooperative communication,
 - avoid digital injury,
 - encourage child digital fluency and independence, and
 - optimize child problem-solving and resilience that matches with family values and beliefs.
- Have a beginning knowledge of how to highlight your certification and specialized training in screen safety to better inform potential customers and drive traffic to your mental health brand.