



# Idaho WIC Training

## PCE



WIC is an equal opportunity provider.

## What Will You Learn?

Participant Centered Education and Services (PCE, PCS) is a framework for the way we do business at WIC and for providing WIC services placing the participant at the center of each interaction. WIC supports participants at all levels of WIC service delivery. In Idaho, PCE/PCS includes the collaboration of the State Agency and Local Agencies to work together in meeting the needs of Idaho WIC Participants.

## Instruction Level

Prerequisite for taking the WIC PCE Course: WIC Overview

## Items Needed for This Course

The Idaho WIC website [wic.dhw.idaho.gov](http://wic.dhw.idaho.gov) houses all the online materials for staff under the Staff page.

- Please access the [Idaho WIC website](#) staff training section to locate the pre-filled circle charts.
- Definitions and acronyms (located under the policy manual area)
- Handouts needed are listed in the Activities Workbook
  - The links to the videos are within this guidebook. The links to the handouts are linked within the Activities Workbook. To access them please use “Ctrl + Click” on the links.
  - Access to the WIC computer system training environment

Note: Arizona WIC developed this course. Any issues with the Video will need to be communicated to the Idaho WIC State Office so we can provide a better video.

## Recommended Time

- Approximate time it takes to complete the WIC PCE online course: 2-3 hours
- Approximate time it takes to complete the face to face activities and discussion: 20 to 30 hours

## Introduction: PCE

Begin the WIC PCE Course – Idaho WIC (WIC Listens Course). Please complete the steps in order:

- Complete WIC PCE – [Introduction](#)

## Module 1: Motivating Change

- Complete WIC PCE Module 1 – [What Motivates People to Change](#)
- Either individually or with other learners, complete Activity # 1 with your trainer.
- After completed Activity #1 meet with your trainer to discuss the activity.



Complete Activity 1 in your Activities Workbook

## Module 2: The Spirit of PCE

- Complete WIC PCE Module 2 – [The Spirit of PCE](#)
- Either individually or with other learners, complete Activity #2 with your trainer.
- After completed Activity #2 meet with your trainer to discuss the activity.



Complete Activity 2 in your Activities Workbook

## Module 3: Opening the Conversation

- Complete WIC PCE Module 3 – [Opening the Conversation](#)
- Either individually or with other learners, complete Activity #3 with your trainer.
- After completed Activity #3 meet with your trainer to discuss the activity.



Complete Activity 3 in your Activities Workbook

## Module 4: O.A.R.S

- Complete WIC PCE Module 4– [O.A.R.S](#)
- Either individually or with other learners, complete Activity #4 with your trainer.
- After completed Activity #4 meet with your trainer to discuss the activity.



Complete Activity 4 in your Activities Workbook

## Module 5: Roadblocks to Listening

- Complete WIC PCE Module 5 – [Roadblocks to Listening](#)
- Either individually or with other learners, complete Activity #5 with your trainer.
- After completed Activity #5 meet with your trainer to discuss the activity.



Complete Activity 5 in your Activities Workbook

## Module 6: Assessments to Counseling

- Complete WIC PCE Module 6 – [Moving from Assessment to Counsel](#)
- Either individually or with other learners, complete Activity #6 with your trainer.
- After completed Activity #6 meet with your trainer to discuss the activity.



Complete Activity 6 in your Activities Workbook

## Module 7: Providing Advice: Offering Nutrition Discussion

- Complete WIC PCE Module 7 – [Providing Advice](#)
- Either individually or with other learners, complete Activity #7 with your trainer.
- After completed Activity #7 meet with your trainer to discuss the activity.



Complete Activity 7 in your Activities Workbook

## Module 8: Rolling with Resistance

- Complete WIC PCE Module 8 – [Rolling with Resistance](#)
- Either individually or with other learners, complete Activity #8 with your trainer.
- After completed Activity #8 meet with your trainer to discuss the activity.



Complete Activity 8 in your Activities Workbook

## Module 9: Next Steps

- Complete WIC PCE Module 9 – [Next Steps](#)
- Either individually or with other learners, complete Activity #9 with your trainer.
- After completed Activity #9 meet with your trainer to discuss the activity.



Complete Activity 9 in your Activities Workbook