

incredibleyears

BASIC 3-Day Authorized Training

Trainer: Susan Lowery O'Connell, Ph.D





The award-winning parent training, teacher training, and child social skills training approaches developed by Carolyn Webster-Stratton, have been selected by the U.S. Office of Juvenile Justice and Delinquency Prevention as an “exemplary” best practice program, and as a “Blueprints” program. The Incredible Years was selected as a “Model” program by the Center for Substance Abuse Prevention (CSAP). As such, the series has been subject to three quality evaluations by independent groups, evidenced excellent effectiveness, and attained high overall ratings. The American Psychological Division 12 Task force has recommended the Incredible Years as a well-established treatment for children with conduct problems.

The Incredible Years Parents, Teachers, and Children Training Series has two long-range goals. The first goal is to develop comprehensive treatment programs for young children with early onset conduct problems. The second goal is the development of cost-effective, community-based, universal prevention programs that all families and teachers of young children can use to promote social competence and to prevent children from developing conduct problems. For more information about this program go to: <http://www.incredibleyears.com>

This 3-day workshop will cover in depth the BASIC Parenting (Preschool) and Toddler programs, designed to promote positive parenting strategies and to assist parents in managing children’s behavior problems. Content of this training program includes: play, helping children learn, positive reinforcement, limit setting, nonphysical discipline alternatives, problem solving, effective communication skills and supporting children’s education. Group therapy process issues such as empowering parents, collaborating, dealing with resistance, confronting and teaching, supporting and advocating for parents will be discussed.

This intervention program may be used by professionals (such as therapists and parent educators from psychology, social work, education, nursing and psychiatry) who are working with families of young children with conduct problems (ages 1-10 years), or with parents needing some guidance in strengthening parenting skills, including single parents, families involved with CPS, and teenage parents. The workshop will also teach how to use the Incredible Years BASIC Parent Program as a prevention program in elementary schools and early childcare settings.

**The training is limited to 25 participants.
Openings will be filled on a first come basis.**

WHEN

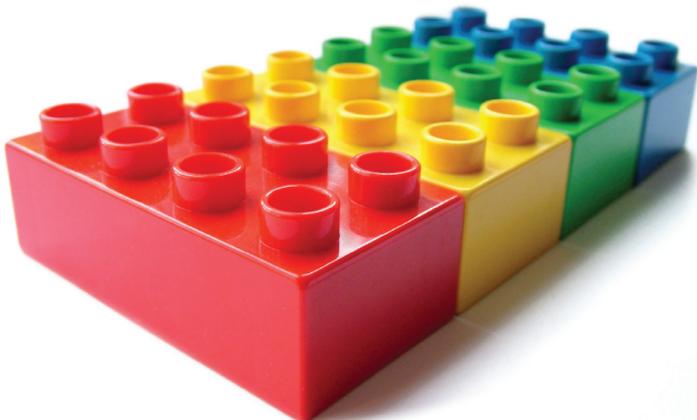
**January 23–25, 2013
9:15 a.m. to 5:15 p.m.**

WHO

OCTF IY Grantees who need IY Basic Parent Training

WHERE

**Cleveland Heights Library
2345 Lee Road
Cleveland Heights, OH 44118**



**The Ohio Children's Trust Fund is sponsoring
the training at no cost for the training and materials.
Your only costs will include travel, accommodations
and meals for the three-day session.**



Agenda

Day 1

Morning

Welcome, Agenda & Participant Goals

Overview of the Webster-Stratton Program:

Family and Child Risk Factors

Content of Program

Research Findings

Group Leader Roles

AM Break

Play Program: Part 1 – Child-Directed Play

Program Pyramid/Approach

Benefits & Barriers

Vignettes & Role Play

Lunch

Afternoon

Play Program: Part 2 - Helping Children Learn, Parent

Coaching – Academic, Social & Emotion

Vignettes & Role Play

Praise Program: Part 1 - The Art of Effective Encouragement & Praise

Benefits & Barriers

Vignettes & Role Play

PM Break

Praise Part 1, cont'd

Logistics: Getting Your First Group Started

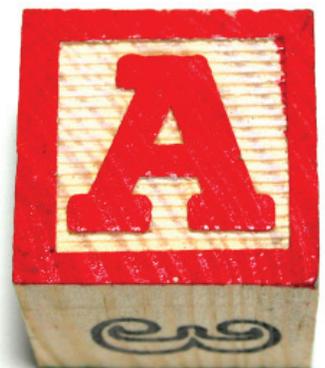
Recruitment, Location, Leader Preparation

Group Leader Roles & Skills

Home Assignments & Reading

Summary Day 1 & Questions

Evaluation



Agenda

Day 2

Morning

**Homework Review & Starting Group Sessions
Encouraging Parent Follow Through**

**Praise Program: Part 2 - Tangible Rewards & Celebrations
Vignettes & Role Play**

AM Break

**Effective Limit Setting Program: Routines & Transitions,
Clear Commands, House Rules, When-Then
Vignettes & Role Play**

**Leader Role: Brainstorm Practice
Principle Review**

Lunch

Afternoon

Effective Limit Setting, Cont'd

**Handling Misbehavior: Part 1- Ignore, Distract & Redirect
Self Calming/Self Management
Active Practice: Vignettes, Role Play**

PM Break

**Maximizing Results: Partner, Role Playing,
Home Assignments, Collaboration between Home
and School, Principle Training, Self-Monitoring
Checklist**

**Home Assignments & Reading
Day 2 Summary & Questions
Evaluations**



Agenda

Day 3

Morning

Homework Review & Supporting Parent's Efforts

**Handling Misbehavior: Part 2 – Time Out for Calm Down – Teaching Self Regulation, Consequences
Brainstorm Discipline Goals
Vignettes & Role Play**

AM Break

**Handling Misbehavior Part 2, Cont'd
Time Out for Calm Down Sequences
Time Out for Calm Down – Questions**

Lunch

Afternoon

**Compliance Training
Cautions & Developmental Considerations**

**Logical & Natural Consequences
Teaching Children to Problem Solve
Vignettes, Role Play**

PM Break

**Considerations for Special Populations
Assessment Measures
Certification as a Group Leader
Self and Peer Evaluations**

**Implementation Next Steps
Sources of Support
Training Summary & Questions
Evaluation**





IY Parent Program Training: Jan. 23-25, 2013, Cleveland—please print clearly

Name _____

Home Address:

Street _____

City _____ State/Province _____ Zip _____

County _____

Work Address:

Street _____

City _____ State/Province _____ Zip _____

County _____

Phone: Home (_____) _____ Work (_____) _____

Email: _____ Fax: (_____) _____

Position/Title _____ Agency _____

Highest Degree _____

Professional Education (or Title) in Organization (Mark all that apply)

- a. Special needs education (special education)
- b. Psychologist
- c. Social work / Social Care / Mental Health Counselor
- d. Child educational therapist
- e. Nurse
- f. Teacher
- g. School Psychologist / Counselor
- h. Psychiatrist / Physician
- i. Administration
- j. Health Visitor
- k. Nursery Nurse
- l. Family Support / Family Advocacy Worker / Liaison
- m. Learning Mentor
- n. Educational Welfare
- o. Early Childhood Educator
- p. Parent/Community / Health Educator
- q. Other (specify) _____

Age of Children you will be using IY Programs with: 2-3 yrs ___ 4-5 yrs ___ 6-8 yrs ___

Will you be requesting CPEs? _____ Counselor _____ Social Worker