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 25-27 participants.
Openings will be filled on a first come basis.

WHEN

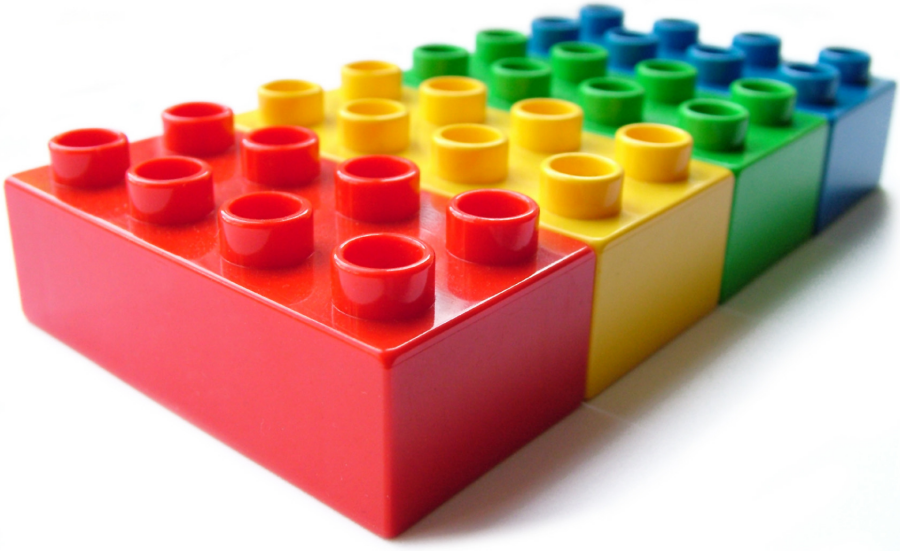
February 13, 2012 - February 15, 2012
8:30 a.m. to 5:00 p.m..

WHO

OCTF IY Grantees who need IY Basic Parent Training

WHERE

State Library of Ohio
274 E. First Ave., Suite 100
Columbus, Ohio 43201



Agenda

Day 1

Morning

8:30 - 8:50	Welcome, Agenda & Participant Goals
8:50 -10:15	Overview of the Webster-Stratton Program: Family and Child Risk Factors Content of Program Research Findings Group Leader Roles
10:15 -10:25	AM Break
10:25 -12:00	Play Program: Part 1 – Child-Directed Play Program Pyramid/Approach Benefits & Barriers Vignettes & Role Play
12:00 - 1:00	Lunch

Afternoon

1:00 – 2:15	Play Program: Part 2 - Helping Children Learn, Parent Coaching – Academic, Social & Emotion Vignettes & Role Play
2:15 – 3:00	Praise Program: Part 1 - The Art of Effective Encouragement & Praise Benefits & Barriers Vignettes & Role Play
3:00 - 3:10	PM Break
3:10 – 3: 25	Praise Part 1, cont'd
3:25 – 4:15	Logistics: Getting Your First Group Started Recruitment, Location, Leader Preparation Group Leader Roles & Skills
4:15 – 4:50	Home Assignments & Reading Summary Day 1 & Questions Evaluation

Agenda

Day 2

Morning

8:30 – 9:00	Homework Review & Starting Group Sessions Encouraging Parent Follow Through
9:00- 10:15	Praise Program: Part 2 - Tangible Rewards & Celebrations Vignettes & Role Play
10:15 – 10:25	AM Break
10:25 – 11:45	Effective Limit Setting Program: Routines & Transitions, Clear Commands, House Rules, When-Then Vignettes & Role Play
11:45 – 12:00	Leader Role: Brainstorm Practice Principle Review
12:00 - 1:00	Lunch

Afternoon

1:00 – 2:00	Effective Limit Setting, Cont'd
2:00 – 3:15	Handling Misbehavior: Part 1- Ignore, Distract & Redirect Self Calming/Self Management Active Practice: Vignettes, Role Play
3:15 – 3:25	PM Break
3:25 – 4:15	Maximizing Results: Partner, Role Playing, Home Assignments, Collaboration between Home and School, Principle Training, Self-Monitoring Checklist
4:15 – 4:50	Home Assignments & Reading Day 2 Summary & Questions Evaluations

Agenda

Day 3

Morning

8:30 – 9:00	Homework Review & Supporting Parent's Efforts
9:00 – 10:15	Handling Misbehavior: Part 2 – Time Out for Calm Down – Teaching Self Regulation, Consequences Brainstorm Discipline Goals Vignettes & Role Play
10:15 – 10:25	AM Break
10:25 – 11:45	Handling Misbehavior Part 2, Cont'd Time Out for Calm Down Sequences
11:45 – 12:00	Time Out for Calm Down – Questions
12:00 – 1:00	Lunch

Afternoon

1:00 – 2:00	Compliance Training Cautions & Developmental Considerations
2:00 - 3:15	Logical & Natural Consequences Teaching Children to Problem Solve Vignettes, Role Play
3:15 – 3:25	PM Break
3:25 – 4:00	Considerations for Special Populations Assessment Measures Certification as a Group Leader Self and Peer Evaluations
4:00 – 4:50	Implementation Next Steps Sources of Support Training Summary & Questions

Reset Form

Incredible Years Programs REGISTRATION FORM – please print clearly

Name _____

Home Address:

Street _____

City _____ State/Providence _____ Zip _____

County _____

Work Address:

Street _____

City _____ State/Providence _____ 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
☐ j. 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