

# Getting Started with Learning the Incredible Years® Parent Programs

After you have completed your Agency Readiness Questionnaire, determined that you are ready to adopt the Incredible Years Programs, and secured your funding, you can get started learning the programs. The following checklist will help group leaders/therapists know what to do to set up a self-study training regime for learning the program, either before accessing training or as a guide following training before you begin groups.

- **Agency administrators may contact IY to receive an administrator's packet.**

### Materials Needed:

- Leader's Manual, book for parents, DVDs, and parent handouts for doing Basic Parent Program\*
- Set of Sample Parent Group Session DVDs\*\*  
Limit Setting, Ignoring, Problem Solving, and Time Out sample groups
- Download Articles from Web Site
- Collaborative Process Checklists (in manual)
- Incredible Years® Parent Training Workshop DVDs\*\*\*

\* Includes everything you need to deliver the programs (parent books ordered separately)

\*\* These "how to" DVDs show therapists and group leaders actually delivering the parent groups. They are very helpful for self-study and learning the collaborative process of leading the groups.

\*\*\* DVD of therapeutic training workshop led by Dr. Webster-Stratton

<p style="text-align: center;"><b>Step # 1: Schedule Training Workshops</b></p>	<p>Contact Incredible Years (IY) to plan your training needs. On-site workshops need to be planned 6-9 months in advance. Workshops in Seattle are offered 3+ times a year. IY staff will help answer questions and tailor the type of training according to your needs and the program you have chosen to implement.</p>
<p style="text-align: center;"><b>Step # 2: Obtain IY Materials and Start Self-directed Peer Group Study</b></p>	<p>As soon as you have the materials you can set up your self-study program. You do not need to wait for a workshop to get started learning these programs. In fact, if you have prepared ahead of time and are familiar with the materials you will get more out of the training workshop.</p>
<p><b>On-going Self-Study Peer Group Study involves the following:</b></p> <p>____ Set up weekly self-study meetings with co-leader and other staff who will be involved in delivering the IY parent program.</p> <p style="text-align: right;">(continued on back)</p>	

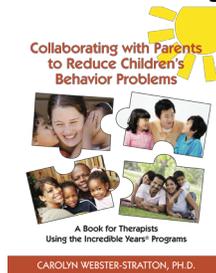
\_\_\_\_\_ Review the leader manual introductory materials and start planning for some of the logistics for how you will advertise your parent program, recruit families, arrange day care, and select a comfortable room for your groups. (See checklist in parent leader's manual.)

\_\_\_\_\_ Read overview chapters

Parent Group Leaders read chapter 8 & 9 in "*Collaborating with Parents to Reduce Children's Behavior Problems*" book (available from IY)

Chapter 8 titled - "Working with Parents of Children who Have Conduct Disorders: A Collaborative Process using Theory Driven Principles", and

Chapter 9 titled: "Therapist Roles in Facilitating the Collaborative Learning Process."



\_\_\_\_\_ View the sample DVDs (1 of 4) of actual parent group sessions in your self-study meeting (Limit Setting). This will give you an idea of how the group operates, the leader's role and how the video vignettes are used to trigger discussion, problem solving and practical exercises.

**Note: Only view one of these DVDs at this point.**

\_\_\_\_\_ Start with the first program in the series "Play Part 1" and follow the leader manual with the accompanying DVDs. If you are doing this in a group, take turns leading the group (others pretend to be parents), showing the vignettes and asking questions.

\_\_\_\_\_ At each meeting select the next program section to study.

Choosing a different person to be prepared to lead and present specified vignettes each week can be helpful.

\_\_\_\_\_ To prepare for each meeting, read the accompanying chapter in *The Incredible Years* parent book. Eg., before reviewing "Play Part 1", read the chapter on Play in *The Incredible Years* parent book (or listen to it on CD).

\_\_\_\_\_ At your self-study meetings practice being leader with others taking the role of parents to try out vignettes, questions and role plays practices. This will give you experience and more comfort with the materials.

### **Step # 3: Start a Pilot Group**

\_\_\_\_\_ Begin a pilot parent group.

\_\_\_\_\_ Continue to meet in your peer review group to consult with each other about progress and to get feedback on your group.

\_\_\_\_\_ Video your parent group session for self-study. Use the *Collaborative Group Process Checklist* when you view your video.

\_\_\_\_\_ Choose segment of your video of your group for peer review.

#### **Step # 4: View Sample Group Session DVDs**

\_\_\_\_\_ After you have done some of your own sessions, viewing the sample tapes will be helpful in giving you new ideas about group process, pulling out “principles,” doing brainstorming and setting up play role practices.

\_\_\_\_\_ It can be useful to view each of the following tapes prior to offering the related topic to your group:

- Limit Setting Sample Group DVD (Disc 1)
- Ignoring Sample DVD (Disc 2)
- Time Out Sample DVD (Disc 3)
- Problem Solving Sample DVD (Disc 4)

\_\_\_\_\_ If you are working with interpreters and non-English speaking parents we recommend you view the following two DVDs:

- Play and Praise Sample Group DVD
- Incentives and Ignoring Sample DVD

#### **Step #5: Attend Training**

At some point during these steps you will attend your training. This may be delivered at your site or in Seattle. The more you understand the program ahead of time, the more you will get out of the training.

**Note: IY Group Leader workshops must be delivered by accredited IY mentors or trainers.**

#### **Step #6: Obtain Consultation and Supervision**

Once you have started doing groups and have done some self-evaluations of your group DVDs or video files using the *Collaborative Group Process Checklist*, you may request telephone consultation from an IY mentor or trainer. This consultation may include asking questions about your group’s specific vision, planning & tailoring vignettes for parent’s needs, how to set up role play practices, dealing with resistance, and feedback on one of your DVDs of your group.

Consultation Workshops given by IY trainers may be requested by your agency or may be obtained in Seattle. These involve small groups (10-14) of therapists sharing their DVDs for feedback and support.

#### **Step #7: Review Training Workshop DVDs.**

These 8 DVDs show Dr. Webster-Stratton delivering the BASIC parent leader training to new group leaders. These offer group leaders the opportunity to review their training and go back to view how the program developer models collaboration, mediates vignettes, uses coaching strategies, and sets up practices and buzzes.

**Step #8: Become Certified/Accredited. See certification information on web site.**

