



Incredible Years
Advanced Parenting 2-day Consultation Training
(1-15-2018)

This training is for group leaders who are certified or have extensive experience with the Basic program. It is small group format (10-16 participants) and each participant is assigned (in advance of the training) one of the sessions to prepare, present and model to the group.

Group leaders will select 1-2 vignettes from the session they are assigned to for presentation. Those vignettes with asterix* are core vignettes but leaders are encouraged to choose vignettes to present that they want help practicing and getting feedback on from other group leaders and the trainer. This workshop utilizes participatory, experiential learning and self-reflective methods.

Day One

Opening Introductions and Goals

Participant introductions, experience of using Basic Preschool and School Age Parenting programs and goals.

Brainstorm Key Principles

Review principles underlying the Incredible Years Parenting Programs and introduction to the Relationship Pyramid and goals of the Advanced Program.

Topic 1: Active Listening and Speaking Up.

Brainstorm – benefits and barriers of listening to what the other person is saying

*Show Program 5, part 1: Vignette 1, page 154, *not listening discussion with practice*

Show Program 5, part : Vignette 4, page 157, *actively listening (contrast to Vig 1)*

Brainstorm – Benefits and barriers to speaking up

*Show Program 5, part 1: Vignette 8, page 163 *speaking up ineffectively- Trilby*, lead brainstorm, practice & summary of 6 points

*Show Program 5, part 1: Vignette 9, page 165, *listener speaks up, Willy*

Show Program 5, part 1: Vignette 11, page 167-168, *asking for feedback*

*Show Program 5, part 1: Vignette 14, page 173-174, *validating another's feelings*

Show Program 5, part 1: Vignette 15, page 175, *validating another's feelings*

*Show Program 5, part 1: Vignette 16, page 176, *validating positive feelings*

Show Program 5, part 1 – Vignette 17, page 177, *mother sharing feelings, Hester*

Presenters: _____

Presenters: _____

Topic 2: Communicating More Positively to Oneself and to Others

Brainstorm – strategies for staying calm (use thermometers)

*Show Program 5, part 2 - Vignettes 21, 22, page 198,199 *griping* and brainstorm

*Show Program 5, part 2 - Vignette 23, page 202 , & *negative thinking*, do a practice with changing and challenging negative self-talk See handout

* Show Program 5, part 2: Vignette 24, page 204-205, *increase positive thinking*

*Show Program 5, part 2: Vignette 25, page 207-209, *staying calm*, do a practice

Presenters: _____

Presenters: _____

Topic 3: Giving and Getting Support.

*Show Program 5, part 3: Vignette 47, page 256, *asking for help, Hester*

*Show Program 5, part 3: Vignette 48, page 256, *asking for help Trilby*

*Show Program 5, part 3: Vignettes 51, page 261, *offering help, night feeding*

*Show Program 5, part 3: Vignette 54, page 264, *offering teacher support*

Presenters: _____

Presenters: _____

Day Two

Topic 4: Problem solving about Children's Problems

*Show Program 6, part 1: Vignettes 3A-3F, pages *Trilby & Willy*

*Show Program 6, part 1: Vignette 5A-5F, pages 317-327, *finding a supportive friend to help problem solve*

*Show Program 6, part 2: Vignettes 8A-E, pages 355-364, *girlfriends*, Practice experience

Show Program 6, part 2: Vignettes 9A-E, pages 365-372 *partner support*

Presenters: _____

Presenters: _____

Topic 5: Problem solving about Interpersonal Problems

*Show Program 6, part 2 – Vignettes 9A-G, pages 365- 375, *Trilby and Willy*

Session 5 cont'd: Problem solving for Parents with Teachers

*Show Program 6, part 3 – Vignettes 12A-E, pages 399-408 , *teacher calls in parent*

Presenters: _____

Presenters: _____

Topic 6: Problem solving with Children

(OPTIONAL FOR YOUNGER CHILDREN ALSO CAN REVIEW BASIC PROGRAM 4

Part 5: Introduction, Vignettes 12, 13

*Practice/role play problem solving with Wally books

Show Program 7, Part 1 Vignette 1 page 429, *Charlie cooking*

Show Program 7, Part 1 Vignette 12 page 455-456 *Jay & sister*

Practice/role play problem solving

Presenters: _____

Presenters: _____

Topic 7: Family Meetings (Older Children 8-12)

*Show Program 7, Part 2 Vignettes 4A-4B, pages 489-491, *Peter re household chores*

Show Program 7, Part 2 Vignettes 5A-5I, pages 492-507, *Lisa morning routine*

*Show Program 7, Part 3 Vignette 6, page 508, *computer time*

Practice/role play problem solving one of the problems on the list

Presenters: _____

Presenters: _____