

**On-line Self-Study of the Incredible Years (IY) Program Models
for IY Group Leader Trainees and Administrators**
3-23-2020

This document lists some material that prospective IY trainees (you) can find on our web site that will help prepare you to get the most value out of your training workshop in the Incredible Years Programs. The purpose of these recommended web site components is to give you a general overview of the methods and processes embedded in the Incredible Years collaborative approach. You may elect to do this as a self-study model prior to the workshop, or to contract with an IY mentor to go through this together in a collaborative and interactive way. One other option would be for potential IY trainees to work with an IY mentor *after* studying this material. This would allow you to ask questions and discuss what you have read and watched. Group leaders who want to lead the program with families are still required to attend a complete 3-day training to be eligible for accreditation in the program.

This self-study outline is also useful for program managers or administrators who want to understand the Incredible Years programs but don't want to attend a complete 3-day training.

 **View preview training videos:** Shows actual examples of parent, child, and teacher groups representing a variety of cultural backgrounds.

Both parent and teacher previews overview the topics covered in the program as well as how group leaders facilitate discussions, mediate vignettes and set up role play practices. The child program preview shows sample small group treatment and classroom prevention sessions and overviews the ways that group leaders use puppets, circle time, and small group activities to teach the program content to children.

www.incredibleyears.com/about/incredible-years-series/program-previews/

There is also a 15-minute review covering the highlights of all three programs: parent, teacher and child on the web site home page (5 min per program).

www.incredibleyears.com

 **View slide shows:** PowerPoint presentations for IY parent, teacher, and child programs include summaries of the content and goals for the different programs, a summary of research background, methods and processes of delivery as well as the logistics of setting up groups with day care and food. www.incredibleyears.com/about/incredible-years-series/presentations/.

 **View logic models:** Logic models for Parent, Teacher, and Child Incredible Years programs include details of program goals, individual program modalities, targeted risk and protective factors, proximal and distal outcome variables.

[IY Logic Model Overview](#)

[IY Logic Model for the Parenting Program](#)

[IY Logic Model for the Babies Parenting Program](#)

[IY Logic Model for the Toddler Parenting Program](#)

[IY Logic Model Dina Small Group Treatment Program](#)

[IY Logic Model for Teacher Classroom Management Program](#)

 **Fact Sheets about programs:** Include costs, brief program descriptions, summary of research, staffing requirements, professional training and articles for each IY program.

[Download the Fact Sheet for Incredible Years® Parent Training Programs](#)

[Download the Fact Sheet for Incredible Years® Child Training Programs Programs](#)

[Download the Fact Sheet for Incredible Years® Teacher Training Programs Programs](#)

 **View video interviews regarding experiences with the program:** Participants, group leaders, and mentors discuss their experiences being part of the Incredible Years group programs. Parent Program (scroll down to reflection videos):

<http://www.incredibleyears.com/programs/parent/>

Child Program (scroll down to reflection videos): <http://www.incredibleyears.com/programs/child/>

Teacher Program (scroll down page to reflection videos): <http://www.incredibleyears.com/programs/teacher/>

 **View video of program developer:** Dr. Carolyn Webster-Stratton answers questions from group leaders about how the group leader training works; what population the program works with; support needed for group leaders beyond the 3-day training workshop; the rationale for mediated video vignettes; the number of required sessions; how to keep mandated families coming; how to choose vignettes to show; why the collaborative process is essential, and why role places are important to parents' learning.

www.incredibleyears.com/about/video-faqs

 **View sample video vignettes:** On the web site there are sample vignettes from each of the individual programs. Go to the program you are interested in (baby, toddler, preschool, school age, teacher, child etc) and look at the section labelled, "Watch video clips from curriculum". Here you will also find information about costs of various programs.

www.incredibleyears.com/programs/

 **View Experts in Action leading parent groups and delivering group leader workshops:** Sample videos of multi-cultural parent prevention groups led by accredited group leaders as well as videos of the group leader workshops being led by the program author.

www.incredibleyears.com/programs/parent/experts-in-action

[Other examples of experts in action for child dinosaur programs can be found on web site.](http://www.incredibleyears.com/programs/child/experts-in-action/)

<http://www.incredibleyears.com/programs/child/experts-in-action/>

 **Web site library:** The Incredible Years library provides 40 years of comprehensive IY research by the developer and other international researchers. Articles can be searched by author's last name or a topic. Most of these articles can be downloaded or include an abstract.

 **Recommended overview articles:**

Webster-Stratton, C., The Incredible Years: A Developmental Approach. In M. Vanryzin, K. Kumpfer, G. Fosco, and M. Greenburg, Eds. Family-Centered Prevention Programs for Children and Adolescents Theory, Research, and Large-Scale Dissemination. New York, NY: Psychology Press.

<http://www.incredibleyears.com/article/the-incredible-years-series-a-developmental-approach/>

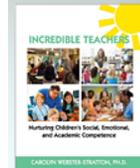
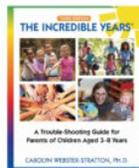
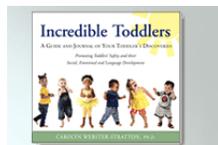
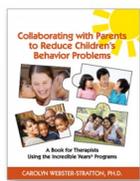
Webster-Stratton, C. and J. Reid, The Incredible Years Parents, Teachers and Children Training Series: A Multifaceted Treatment Approach for Young Children with Conduct Problems in *Evidence-based psychotherapies for children and adolescents*, 3rd edition, A.E. Kazdin and J.R. Weisz, Editors. 2017, Guilford Publications New York.

www.incredibleyears.com/wp-content/uploads/Kazdin-Ch-8-2016.pdf

Webster-Stratton, C. and T. Bywater, The Incredible Years Series: An Internationally Evidence-based Multi-Model Approach to Enhancing Child Outcomes, in *APA Handbook of Contemporary Family Psychology*, B. Fiese, Editor. 2019.

www.incredibleyears.com/wp-content/uploads/IY-Series-Internationally-Evidenced.pdf

 **Other Key Reading:** Parents, teachers and group leaders all have their own Incredible Years texts. It is highly recommended that you start reading these in advance of the training.





For administrators Information about Promoting Program Delivery Fidelity

Studying the IY programs, logic models, fact sheets, and budgets referred to above will be helpful information for administrators in determining their agency readiness. It is important for administrators to know that the 3-day authorized training is only the first step in a group leader's training progression. After the workshop, group leaders will need time to study the IY group leader manual and video vignettes before delivering the program. Once group leaders start to deliver their programs, we highly recommend they get consultation from accredited IY peer coaches or mentors as they deliver their first 2 groups. This consultation can be in the form of a group leader sending a segment of their group video (10-15 minutes) to a mentor, or to the IY office, outlining their goals and questions. This will be followed by a Skype or Zoom call with the mentor or an IY trainer (1 hour). These consultations are part of the ongoing group leader training and typically lead to accreditation as a IY group leader. In-person group consultations (no more than 12 people) are also highly recommended. At these face-to-face meetings, each group leader presents a video clip of their group for discussion. The IY trainer leads these consultations in a collaborative way, inviting group input and helping set up role play practices for alternative approaches.

 The administrator of an agency or organization is instrumental in assuring fidelity program delivery. They can begin by completing the *agency readiness questionnaire*.

[Agency Readiness Questionnaire](#)

This document helps sites to think about implementation issues such as determining appropriate selection of group leaders, selection of correct IY program and protocol for population addressed, planning for dissemination both in the short term as well as for long term sustainability. The Incredible Years[®] administrative staff are available to offer consultation to administrators about the implementation plan for their agencies. Once the decision to use an IY program has been made, the administration plays an invaluable role in ensuring the fidelity of program delivery by monitoring session checklists and protocols, client evaluations of sessions, group leader needs for consultations, and progress towards certification. The following article describes how the agency administration can support a successful and sustainable IY implementation. This article is highly recommended reading.

Webster-Stratton, C. and K.P. McCoy, Bringing The Incredible Years programs to scale, in The science and art, of program dissemination: Strategies, successes, and challenges. New Directions for Child and Adolescent Development, K.P. McCoy and A. Dianna, Editors. 2015. p. 81-95.

www.incredibleyears.com/wp-content/uploads/bringing-Incredible-Years-programs-to-scale-2015.pdf

Fidelity assessment of the delivery of the IY programs is not a mystery and is outlined in *Group Leader Collaborative Process Checklists* [Parent Group Leader Process Checklist \(5-point scale, editable, rev. 2016\)](#)

and *Peer and Self-Evaluation* forms and *Session Checklists*.

http://www.incredibleyears.com/download/certification/parent_peer_self_eval.pdf



See Example of Session Checklists: This document is an example of the checklist for the IY Preschool Program and these checklists exist for every program. Group leaders complete these after every group session. They cover the number of vignettes shown, role plays and topics covered and handouts provided.

[Agendas And Checklists for Preschool Basic Program \(rev. 2019\)](#)



View documents for administrators: This section of the web site covers many documents covering requirements to run Incredible Years groups with fidelity; the do's and don'ts for Using Incredible Years Programs with Fidelity; Agency Readiness Questionnaire, Pricing and Content of each Program.

www.incredibleyears.com/download/administrators/Requirements-to-run-IY-groups-with-Fidelity.pdf

www.incredibleyears.com/fr-administrators/



View certification/accreditation road map for IY Programs: This section of the web site covers details of how to be certified as a group leader as well as the development of certified peer coaches and mentors. Building a strong and supportive infrastructure will make all the difference in terms of agency program sustainability.

www.incredibleyears.com/certification-gl



Start with a consultation with our IY staff: We are always happy to have a consultation with agency administrations if you have further questions after reviewing this material. Contact us at: incredibleyears@incredibleyears.com