



Preparation Tips for Incredible Years (IY) Parent Program Consultation Days

A consultation workshop is a chance for IY group leaders to meet together with other IY group leaders and an accredited IY mentor or trainer to share their experiences delivering the IY parent program. They will do this by showing videos of their group sessions for peer feedback and support. This process helps IY group leaders to continue to improve their skills and become the best group leader/therapist possible. Below are some guidelines to help you prepare for a consultation day.

At the consultation workshops, please be prepared to:

- Bring a DVD cued up to show something you think went well and/or something you want some help with. Usually 10 minutes of tape is enough.
- Think about and be ready to share a spontaneous role play/practice that went well.
- Think about 3 of the most difficult therapy challenges.
- Talk about engagement strategies that you have used to motivate parents or promote their attendance and involvement.
- Share some strategies for how you make the IY program culturally sensitive.

The topic on my DVD for feedback:



My goal for this consultation is:

My spontaneous role play/practice to share is:

My 3 therapy challenges to share are:

My engagement strategies to motivate parents are:

How I have tailored the program for cultural sensitivity with our population: