

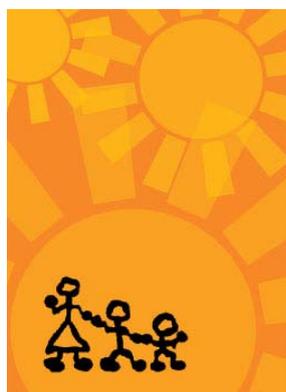
Evidence-based Parenting Program

THE INCREDIBLE YEARS®

PARENT GROUP LEADER WORKSHOP

(Preschool + School-age Basic Program)

INTRODUCTION



The Incredible Years® is a series of **evidence-based programs** for parents, children, and teachers, supported by over 30 years of research. This 4-day training will prepare group leaders to lead two different Incredible Years® basic parenting programs: (1) **preschool program (ages 3-6 years)** which is 18-20 sessions; and (2) **school age program (ages 6-12 years)** which is 12-20 sessions. Participants would be eligible to launch the two Incredible Years® parenting groups and to proceed as certified group leaders upon completion of training.

DETAILS

| | | |
|------------|---|---|
| Date | : | 30May2018 – 2June2018 (Wed - Sat) |
| Time | : | 9:30am - 5:00pm |
| Medium | : | English |
| Capacity | : | 25 |
| Venue | : | Hong Kong Federation of Youth Groups Building, Quarry Bay |
| Course Fee | : | HKD 7,000 (Early Bird Rate for Registration by <u>10 Mar 2018*</u>) *Extension of Early Bird period for Chinese New Year Holiday! HKD 7,800 (Regular Rate) |

TARGET PARTICIPANTS

Psychiatrist, paediatrician, clinical psychologist, educational psychologist, counselor, social worker, or other professionals working with families of children with behavior problems / single parents / abusive parents / foster parents.

REGISTRATION

Please submit your registration online at <http://www.mindnuture.org/iy2018reg>

Seats will be given on a first-come-first-serve basis.

CONTENT OF THIS WORKSHOP

- Parent-training skills on play, special time, academic, social and emotional coaching; praise and incentives; nonphysical discipline alternatives; rules and responsibilities; limit setting; pro-social discipline; effective communication skills; problem solving and ways to foster homework completion and after school monitoring; support children's learning at school
- Group therapy process issues such as empowering parents, collaborating, goal setting, dealing with resistance, confronting and teaching, principles training, supporting and advocating for parents
- How to use this program as a prevention program for use to promote children's social and emotional competence as well as academic success in schools.

GOALS OF THE PARENT TRAINING SERIES

Promote parent competencies and strengthen families:

- Increase positive and nurturing parenting and coaching skills.
- Reduce critical and violent approaches by learning proactive discipline strategies such as ignoring, using logical and natural consequences, redirecting, monitoring and problem solving.
- Improve parents' problem-solving skills, anger management and communication skills.
- Increase family support networks and school involvement / bonding.

NOTES TO PARTICIPANTS

- This curriculum uses the books "The Incredible Years: A Troubleshooting Guide for Parents of Children aged 2-8 years" and "Collaborating with Parents to Reduce Children's Behavior Problems: A Book for Therapists Using the Incredible Years Program" as the companion books for therapists. Participants are highly recommended to read or have ready access to the books before starting the group as group leaders. Participants may consider obtaining a copy as reference for the workshop.
- To implement the program, the Incredible Years® Parenting Program curriculums are recommended. The curriculums contain materials such as DVDs, manuals and book sets that the group leader will use. Chinese version with translated materials for parents is available for the School-age Curriculum. However, the curriculum is not compulsory for attending this workshop per se. For details of the curriculum, please visit the link below:
<http://www.incredibleyears.com/programs/parent/preschool-basic-curriculum/>

ABOUT THE TRAINER



Kimberlee Shoecraft
LICSW, United States

Kimberlee Shoecraft has been providing the Incredible Years parenting groups with the child welfare population since 2007 in Washington State. Kimberlee has trained and mentored over 100 group leaders serving the child welfare population across Washington State. In addition to supporting and training WA state group leaders she also provides authorized workshops through Incredible Years for new group leaders across the United States and in Europe. Kimberlee's background includes psychiatric emergency social work and work with the child welfare population. She has worked as a family preservation worker, a child protective services social worker, and a program manager overseeing the implementation of evidence-based practices like Incredible Years.



You can find out more about the program at <http://www.incredibleyears.com/>
For enquiry, please contact us at info@mindnurture.org

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