Welcome to

**Center of Excellence**

**Co-Facilitator**

**certification training**



# Parenting with Love and Limits®

# www.gopll.com

Training Date

Training Location

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##### Day 1: PLL Overview

##### & PLL Group certification

**Monday - PLL Overview & Group Therapy**

Goals and Objectives: (1) Overview of PLL System of Care; (2) Train everyone in PLL Group Therapy- Groups 1-3

Who Needs to Attend: PLL Co-Facilitators

**9:00 a.m. – 10:00 a.m.**

**Review of Training Expectations:**

* **Arrive 10 minutes early each day**
* **Establish “Parking Lot” Flip Chart for questions**
* **Turn off cell phones during training time (calls can be received or made during breaks)**
* **Breaks are 10 minutes in length (Be prompt to return to the training room)**
* **Let the trainer know ahead of time of any extenuating circumstances that may impact your training experience**
* **Brief description of the Training Process/Style**
	+ Trainer will model use of the script throughout the training
	+ Trainer will use the following training modalities:
		- Trainee script “read-through’s”
		- Trainee role plays
		- Trainee writing down “Tips and Tricks” in their Scripts as shared by Trainer
		- Didactic discussion of the script content
		- Model Video Clips of various Skill Sets

**Brief walk through of Binder (review of each document)**

* Front pocket - Training Agenda
* PLL Model
* Participation & Graduation Agreement (in color)
* Group Power Point (in color, three slides per page)
* Group Rules
* Teen Unpredictables
* Special Negotiator Techniques
* Positive Parent Report
* August Rush Questions
* Group Fidelity Checklists – Long Form (stapled together in upper left corner)
* Group Content IPR’s (stapled)
* Back pocket - PLL Training Evaluation Form

**Brief walk through of Group Manual –**

* What icons mean
* Tab of 6 groups and overview of all six groups
	+ - Class #1 – Venting and Why Teens Misbehave
		- Class #2 – Button Pushing and Button Busters
		- Class #3 – Contracting and Recruiting Outside Helpers
		- Class #4 – Contracting and Troubleshooting
		- Class #5 – Neutralizing the 7 Aces
		- Class #6 – Restoring Nurturance and Graduation
* Appendix A – Stages of Group Development (p. 191)
* Appendix C – Top Answer Game (pp. 206-207)
* Appendix D – Group Props (pp. 208-209)
* Appendix E – Group Fidelity Checklists (pp. 211-232)

***10 Minute Break at 10:00am***

**10:10 a.m. – 12:00 a.m. Group #1**

**Brief Review of Script for Hour One**

Teach Process #1

* How to help to raise the group energy level
* How to tag team to keep the group process flowing
* How to run technology and assist with props

 **Trainee Role Plays – Hour one (Families all together)**

* + - ![MC900162946[1]]()Assisting or Leading Top Answer Game

**Review Teen Breakout Props and Flip Chart that needs to be prepared ahead of time**

* Hour Two Flip Chart Teen Breakout: Exact Replication of page 3 of Teen Workbook

**Review Script of Hour Two Teen Breakout**

Teach Process #2

* How to Establish Group Rules
* The art of Venting without blaming parents
* How to get Teens to identify what they might be willing to change
* How to get Teens to identify what they would like their parents to change
* How to Skillfully Give Complements?
* How to Use the Rubber Band Technique?
* What information you need to be sure to share with the coaching therapist

![MC900162946[1]]()**Trainee Role Plays**

* Establishing Group Rules without getting into a power struggle
* Venting & Solution Talk
* Rubber Band metaphor

**Brief Review of what happened in the Parent Breakout**

**Check Fidelity –**

 **Review Group One Fidelity Checklist**

* Review of how the Checklist should be completed (by whom and when)
* Review of how the Artistic Scale should be rated
* Review of each content item, reflecting back on the Group One Training just

 Completed

 **Review Group One IPR**

* Review how the PLL Clinical Supervisor uses the IPR to assess videos

***Lunch Break 12:00pm – 1:00pm***

**1:00 p.m. – 2:30 p.m. Group #2**

**Brief Review of Script for Hour One**

Teach Process #3

* How to assist in playfully getting parents and teens to produce their own buttons
* How to assist in setting up and executing an inner/outer circle
* How to tag team to keep the group process flowing
* How to run technology and assist with props

 **Trainee Role Plays – Hour one (Families all together)**

* + - ![MC900162946[1]]()Assisting with the Button Identification Game
		- Assisting in the Role Play of Button Pushing

**Review Teen Breakout Props**

**Review Script of Hour Two Teen Breakout**

Teach Process #4

* How to Teach the Button Filters and roll seamlessly into a role play with a teen
* How to sell the tough assignment of doing an Unpredictable with their parent

**Trainee Role Plays**

* ![MC900162946[1]]()Button Buster Filter and Role Plays
* Unpredictable Segment

**Brief Review of what happened in the Parent Breakout**

**Check Fidelity – Review Group Two Fidelity Checklist**

* Review each content item, reflecting back on the Group Two Training just

 Completed

***10 Minute Break at 2:30pm***

**2:40 p.m. – 4:00 p.m. Group #3**

**Brief Review of Script for Hour One**

Teach Process #5

* How to assist in playfully getting families to identify loopholes in Regina’s contract
* How to tag team to keep the group process flowing
* How to run technology and assist with props

**Trainee Role Plays**

* ![MC900162946[1]]()Assisting in finding Loopholes in Regina’s Contract

**Review Teen Breakout Props and Flip Chart that needs to be prepared ahead of time**

* Bring back Exact Replication of page 3 of Teen Workbook from Group One

**Review Script of Hour Two Teen Breakout**

Teach Process #6

* How to get teens to add two more problem behaviors to the flip chart of the one they

 Identified in Group 1

* How to get teens to identify their top three rewards
* How to Teach teens the Art of Negotiation and get teens to demonstrate this skill

![MC900162946[1]]()**Trainee Role Plays**

* The Art of Negotiation Segment

**Review of what happened in the Parent Breakout**

**Check Fidelity – Review Group Three Fidelity Checklist**

* Review each content item, reflecting back on the Group Three Training just

 Completed

##### Day 2: PLL Group Certification: Agenda

**Tuesday - PLL Group Therapy**

Goals and Objectives: Train in Groups 4-6

Who Needs to Attend: PLL Co-Facilitators

**9:00 a.m. – 11:00 a.m. Group #4**

**Review Script of Group Four Hour One and Two (Teens and Parents in Breakouts for both hours)**

**Review Teen Breakout Props**

Teach Process #7

* How to sell teens on the Positive Parent Report
* How to Teach teens to write a meaningful PPR
* How to get teens to identify their top three Consequences

 **Trainee Role Plays**

* + - ***![MC900162946[1]]()***Helping Teens create a good PPR and what to watch out for (pp. 142-144)

![MC900319328[1]]()**Video Example – Hour Two Teen Breakout**

* Teen presenting his PPR

**Review of what happened in the Parent Breakout**

**Check Fidelity – Review Group Four Fidelity Checklist**

* Review each content item, reflecting back on the Group Four Training just

 Completed

***10 minute break at 11:00am***

**11:10 a.m. – 12:00 p.m. Group # 5**

**Review Teen Breakout Props**

**Review Group Five, Teen Breakout**

Teach Process #8

* How to select effective movies with impactful “life lessons”
* How to develop effective therapeutic questions relating to the selected movie

**Review of what happened in the Parent Breakout**

**Check Fidelity – Review Group Five Fidelity Checklist**

* Review each content item, reflecting back on the Group Five Training just

 Completed

***Lunch Break 12:00 p.m. – 1:00 p.m.***

**1:00 p.m. – 4:00 p.m. Finish Group #5 & Group # 6 *(10 minute break at 2:30pm)***

**Review of all Props needed for Group Six (Hour One and Two)**

**Review Script of Group Six (Families together for both hours)**

Teach Process #9

* How to tag team to keep the group process flowing
* How to run technology and assist with the props
* How to assist in creating emotional intensity around the Great Santini video clip
* How to assist in creating emotional intensity with the Healing Phrases Exercise
* How to give compliments to the teens

 **Trainee Role Plays**

* + - ***![MC900162946[1]]()***Asking the intentional questions after the Great Santini video clip (p. 178)
		- The Magic Wand Intervention (p. 181)

![MC900319328[1]]()**Video Example – Hour One Parent Breakout**

* Telling Bruce’s Story

**Check Fidelity – Review Group Six Fidelity Checklist**

* Review each content item, reflecting back on the Group Six Training just

 Completed

**Complete the PLL Training Evaluation Form**