

# Welcome to



**Parenting with Love and Limits<sup>®</sup>**  
[www.gopll.com](http://www.gopll.com)

## **CENTER OF EXCELLENCE**

## **CO-FACILITATOR CERTIFICATION TRAINING**

Training Date

Training Location

© 2006-2013 Savannah Family Institute, Inc. All rights reserved.  
With the exceptions noted below, no part of these handouts may be reproduced or transmitted in any form without written permission from Savannah Family Institute.

### LIMITED PHOTOCOPY LICENSE

Savannah Family Institute, Inc. grants to individual participants of this workshop non-assignable permission to reproduce pages of these handouts for personal use in clinical practice and not for resale or redistribution. These materials are intended for use only by qualified mental health professionals. This license is limited to the individual participant and does not extend to others. The license does not grant the right to reproduce these materials for other purposes (including but not limited to books, pamphlets, articles, video or audio tapes, handouts or slides for lectures or workshops.) Permission to reproduce these materials for these and any other purposes must be obtained in writing from Savannah Family Institute, Inc.

## 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)**



- ▶ 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 Compliments?
- How to Use the Rubber Band Technique?
- What information you need to be sure to share with the coaching therapist

**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)**



- ▶ 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**



- ▶ 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**



- ▶ 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

**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**



- ▶ Helping Teens create a good PPR and what to watch out for (pp. 142-144)

**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**



- ▶ Asking the intentional questions after the Great Santini video clip (p. 178)
- ▶ The Magic Wand Intervention (p. 181)

**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