

Welcome to



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# CENTER OF EXCELLENCE CERTIFICATION TRAINING

Training Date  
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Training Location  
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## TRAINING WEEK “AT A GLANCE”

<b>Day</b>	<b>Time</b>	<b>Activity</b>
<b>Monday</b>	<b>9am – 5pm</b>	<b>Classroom Training</b>
<b>Tuesday</b>	<b>9am – 5pm</b>	<b>Classroom Training</b>
<b>Wednesday</b>	<b>9am – 5pm</b>	<b>Classroom Training</b>
<b>Thursday</b>	<b>9am – 5pm</b>	<b>Classroom Training</b>
<b>Friday</b>	<b>9am – 3pm</b>	<b>Classroom Training</b>

## MONDAY

### PLL OVERVIEW & PLL GROUP CERTIFICATION

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

Who Needs to Attend: Full Time PLL Therapists + Co-Facilitators & Case Managers

**Training Begins at 9:00 a.m. each day**

#### 9:00 a.m. – 10:30 a.m.

- **Review of Training Expectations:**
  - **Inner Circle of Trainees:**
    - Arrive 10 minutes early each day
    - 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
- **Overview of PLL Model: Power Point Presentation**
- **Walk through of PLL Materials**

#### 10 Minute Break at 10:30am

#### 10:40 a.m. – 12:00 p.m. Group #1 Hour One

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

**Review of Flip Charts to have prepared prior to Group One (Hour One and Two):**

- Hour One Flip Chart: What’s Your Theory on Why Teens Misbehave?
- Hour Two Flip Chart Parent Breakout: Scale of 0-10 for Glass Half Full/Empty Story
- Hour Two Flip Chart Teen Breakout: Exact Replication of page 3 of Teen Workbook

**Review Script of Hour One**

Learn Process #1

- How to use empathic listening skills to keep the process going
- How to gently neutralize a monopolizing or agitated parent or teen
- How to form Linkages

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



- ▶ Playing the Top Answer Game
- ▶ Dramatic selling of reason to read Paperback book

**Lunch Break 12:00pm to 1:00pm**

**1:00 p.m. – 2:30 p.m. Group #1 Hour Two**

**Review Script of Hour Two Parent Breakout**

Learn Process #2

- The art of Venting
- How to get Parents to Move From Problem Talk to Solution Talk
- How to skillfully give compliments
- How to Use the Rubber Band Technique

**Trainee Role Plays**



- ▶ Venting & Solution Talk
- ▶ Rubber Band metaphor and animal analogy
- ▶ Glass Half Full/Half Empty

**Video Example – Hour Two Parent Breakout**



- ▶ Glass Half Full/Half Empty

**Review Script of Hour Two Teen Breakout**

Learn Process #3

- 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

**Trainee Role Plays**



- ▶ Venting & Solution Talk

**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 is rated
- ▶ Review of each item, reflecting back on Group #1 Training
- ▶ Review of how each will practice completing the Group One Fidelity Checklist as they observe the live Group Session, sharing their ratings during the debriefing.

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

**2:40 p.m. – 5:00 p.m. Group #2**

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

**Review Script of Hour One (Families all together)**

Learn Process #4

- How to playfully get parents and teens to produce their own buttons?
- How to set up and execute the role play of button pushing?

**Trainee Role Plays**



- ▶ Button Identification Game

- ▶ Demonstration(group role play) of Button Pushing

### **Review Script of Hour Two Parent Breakout**

#### Learn Process #5

- How to explain each Button Buster, segueing between power point and video clips
- How to sell the tough assignment of doing an Unpredictable with their teen

### **Review Script of Hour Two Teen Breakout**

#### Learn Process #6

- How to explain 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

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

- ▶ Review each item, reflecting back on Group #2 Training

### **HOMEWORK: Read Group Manual - Groups 3-6**

## TUESDAY

### PLL GROUP CERTIFICATION

Goals and Objectives: Train in Groups 3-5

Who Needs to Attend: Full Time PLL Therapists + Co-Facilitators & Case Managers

**8:00 a.m. – 12:00 p.m. Group #3**

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

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

**Review of Flip Charts to have prepared prior to Group Three (Hour One and Two):**

- Hour Two Flip Chart Teen Breakout: Bring back Exact Replication of page 3 of Teen Workbook from Group One

**Review Script of Hour One (Families all together)**

Learn Process #7

- How to stick and move when explaining the five reasons their current contracts have not Worked
- How to playfully get the parents and teens to identify loopholes in Regina's Contract

**Video Example – Hour Two Parent Breakout**



- ▶ The Mum Song (optional)
- ▶ Why Contracts Fail (optional)

**Trainee Role Plays**



- ▶ Reason #1 Your Teen has Literal Disease and finding the loopholes in Regina's Contract

**Review Script of Hour Two Parent Breakout**

Learn Process #8

- How to convert problems/complaints into concrete and observable categories
- How to create an ironclad rule

**Trainee Role Plays**



- ▶ Converting complaints into categories
- ▶ Creating an ironclad rule

**Review Script of Hour Two Teen Breakout**

Learn Process #9

- 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 a teens to demonstrate it

**Video Example – Hour Two Teen Breakout**



- ▶ The Art of Negotiation

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

- ▶ Review each item, reflecting back on Group #3 Training

**Lunch Break 12:00pm to 1:00pm**

**1:00 p.m. – 2:30 p.m. Group #4**

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

**Review of Flip Charts to have prepared prior to Group Four (Hour One and Two):**

- Hour One Flip Chart Parent Breakout: Contract Template with the Rule drafted in Group Pre-drawn on the contract (Template in Group Leader's Guide)
- Countermoves Sheet Replicated on Flip Chart (Template in Group Leader's Guide)

**Review Script of Hour One Parent Breakout**

**Learn Process #10**

- How to help parents identify meaningful rewards and consequences by using the Top 10 list
- How to sell the idea of privileges versus rights before constructing rewards on the contract
- How to finish constructing a contract with rewards and consequences

**Trainee Role Plays**



- ▶ Identifying the Top Three Areas for Rewards and Consequences
- ▶ Selling the idea of Privileges versus Rights
- ▶ Contracting Rewards and/or Consequences

**Video Example – Hour Two Parent Breakout**



- ▶ Handling Curveballs-Son Doesn't Care

**Review Script of Hour Two Parent Breakout**

**Learn Process #11**

- How to identify one useful backup plan for the contract
- How to storyboard the rule (identify the teen's classic moves, the needed button buster, and the needed script)
- How to dress rehearse the storyboard effectively
- How to involve the outer circle in the storyboarding and role playing process

**Video Example – Hour Two Parent Breakout**



- ▶ Dress Rehearsing the Storyboard of the Rule

**Trainee Role Plays**



- ▶ Storyboarding the Rule

### Review Script of Hour One & Two Teen Breakout

#### Learn Process #12

- 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

#### Video Example – Hour Two Teen Breakout



- ▶ Teen presenting his PPR

### Check Fidelity – Review Group Four Fidelity Checklist

- ▶ Review each item, reflecting back on Group #4 Training

**10 minute break at 2:30pm**

### **2:40 p.m. – 5:00 p.m. Group #5**

#### Review of all Props needed for Group Five (Hour One and Two)

#### Review of Flip Charts to have prepared prior to Group Five (Hour One and Two):

- Bring back Contract Flip Chart page developed in Group 4
- Bring back Countermoves Sheet Flip Chart page developed in Group 4
- Bring back “What will I do if...” Flip chart page developed in Group 4

### Review Script of Group Hour One Parent Breakout

#### Learn Process #13

- How to teach the 7 Aces Consequences but insure the parents do not go home and use right away
- How to sell the parents on the Positive Teen Report
- How to help parents write a meaningful PTR

#### Video Example – Hour One Parent Breakout



- ▶ Curveball re: Pre-Contemplation on Nurturance

### Review Script of Hour Two Parent Breakout

#### Learn Process #14

- How to storyboard the rewards and Consequences (identify the teen’s classic moves, the needed button buster, and the needed script)
- How to dress rehearse the storyboard effectively
- How to demonstrate “Piling On” and “Not Piling On” dress rehearse effectively
- How to involve the outer circle in the storyboarding and role playing process

### Review Group Five, Teen Breakout

#### Learn Process #15

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

### Check Fidelity – Review Group Five Fidelity Checklist

- ▶ Review each item, reflecting back on the Group #5 Training



## WEDNESDAY

### PLL GROUP CERTIFICATION & PLL FAMILY THERAPY COACHING

Goals and Objectives: Train in Group #6 and Family Therapy Coaching Phase I & Pre-Session Preparation for PLL Family Systems Stabilization (PLL FSS) Phase II

Who Needs to Attend: Full Time PLL Therapists & Case Managers

#### 9:00 a.m. – 10:30 a.m. Group #6

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

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

Learn Process #16

- How to use create emotional intensity with the intentional questions after the Great Santini or Antwone Fisher video clip
- How to dramatically tell Bruce's Story
- How to create emotional intensity with the Healing Phrases Exercise
- How to use intentional questions to help parents and teens recognize their responsibility to for their relationships

#### 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 item, reflecting back on the Group #6 Training

**10 minute break at 10:30 a.m.**

#### 10:30 a.m. – 2:00 p.m. PLL Family Therapy Coaching Phase I

**Review Layout of the Coaching Manual #1 and Icons (p. 34)**

**Review Appendix A: Pre-Session Preparation for Coaching Phase I**

**Review Script of Phase I**

Learn Process #1

- How to convert complaints into categories
- How to explain the purpose of the Apple Tree
- How to explain each of the Four Seeds
- How to use the Super Nanny Clip effectively
- How to make an effective Seed and Symptom Pick
- How to explore for possible Villagers

#### Trainee Role Plays



- ▶ Getting everyone's overall Stress
- ▶ Getting the top three stressors and converting into categories

**Video Example – Hour One Parent Breakout**



- ▶ Categorizing complaints

**Lunch Break 12:00pm to 1:00pm**

**1:00 p.m. – 2:00 p.m. Continue with PLL Family Therapy Coaching Phase I**

**2:00 p.m. – 5:00 p.m. Pre-Session Preparation for PLL Family Systems Stabilization (PLL FSS) Phase II**

**10 minute break at 2:30pm**

**Review Appendix B: Pre-Session Preparation for PLL Family Systems Stabilization (PLL FSS) Phase II**

**Learn Process #2**

- How to identify the key unhealthy undercurrents causing the symptom and seed to grow
- How to identify the techniques needed to inject the opposite healthy undercurrents into the Family system
- How to draft your “Cheat Sheet” of the Before and After Feedback Loops & prepare your flip Charts for your Feedback Loops
- How to access and prepare the Dashboard Reports for the CBCL and FACES Pre-Test Outcomes
- How to draft a template/outline of a contract with all the key components (Ironclad & Concrete Rule, Top Three Areas Box, Daily Reward and Bonus Rewards, Hierarchy of Consequences)
- How to draft a template/outline of an Aftercare Plan (Reentry only)

**HOMEWORK: Complete the Model Adherence Checklist Phase II Pre-Session Preparation Worksheet (pp. 200-207)**

# THURSDAY

## PLL FAMILY THERAPY COACHING

Goals and Objectives: Train in PLL Family Systems Stabilization (PLL FSS) Phase II & III

Who Needs to Attend: Full Time PLL Therapists & Case Managers

**9:00 a.m. – 12:00 p.m.** Trainees practice PLL FSS Phase II with their “Pre-session Preparation” materials (Feedback Loops)

### Trainee Role Plays



- ▶ Practice presenting Before Feedback Loops
- ▶ Practice presenting After Feedback Loops with Rewards
- ▶ Practice presenting After Feedback Loops with Consequences

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

### Review Script for PLL FSS Phase II

#### Video Example – PLL FSS Phase II



- ▶ Coaching II Feedback Loops
- ▶ Chris 3 – Presenting Before Unhealthy Undercurrents
- ▶ Chris 4 – Presenting After Feedback Loops with Rewards

### Learn Process #3

- Presenting Dashboard Reports for the CBCL and FACES Pre-Test Outcomes
- Drafting an Aftercare Plan (if applicable)
- Review How to Build a Contract (Practiced in Group #4)

**Lunch Break from 12:00pm – 1:00pm**

**1:00 p.m. – 5:00 p.m.** PLL FSS Phase III

**10 minute break at 2:00pm**

### Review Appendix C: Pre-Session Preparation for PLL FSS Phase III

#### Review Script of PLL FSS Phase III

### Learn Process #4

- How to review the Key additions to the Contract (Healthy Undercurrents, Parent & Village Roles)
- How to Storyboard & Rehearse the Rule
- How to Storyboard & Rehearse the Rewards
- How to Storyboard & Rehearse the Consequences
- How to draft Teen Button Filter Countermoves
- How to draft Countermoves for Parent & Village Roles

### Trainee Role Plays



- ▶ Storyboarding the Rule
- ▶ Rehearsing the Storyboard of the Rule
- ▶ Storyboarding the Rewards

- ▶ Rehearsing the Storyboard of the Rewards
- ▶ Storyboarding the Consequences
- ▶ Rehearsing the Storyboard of the Consequences (special focus on Rehearsing “Piling On versus Not Piling on”)

**Video Example – PLL FSS Phase III**



- ▶ The Breakfast Club
- ▶ Coaching 3 – NAFI Maeve
- ▶ Phase 3 – Ashley-Real time Practice Delivery of Reward with Teen and Powerful Impact on Teen (optional)
- ▶ Doga Gets Contract

**HOMEWORK: Review Coaching Manual #2**

## FRIDAY

### PLL FAMILY THERAPY COACHING

Goals and Objectives: Train in PLL FSS Phase IV and PLL Family Systems Trauma (PLL FST)

Who Needs to Attend: Full Time PLL Therapists & Case Managers

#### **9:00 a.m. – 10:30 a.m. PLL FSS Phase IV with Demonstrations**

**Review Appendix D: Pre-Session Preparation for PLL FSS Phase IV**

**Review Script of PLL FSS Phase IV**

Learn Process #5

- How to consolidate gains by using a Success Chart and Mini Scales
- How to develop an effective Relapse Prevention Plan (Red Flags Checklist)
- How to decide “where to go from here”
- How to play the Skills Seek Game
- When to conduct Call Backs & Tune-ups

**10 minute break at 10:30am**

#### **10:40 a.m. – 12:00 p.m. PLL Family Systems Trauma (PLL FST) Phase II & Phase III**

Learn Process #6

- The difference between the Hard Side of Hierarchy and the Soft Side of Hierarchy

**Review of all props & pre-session preparation needed for PLL FST Phase II**

**Review Script of PLL FST Phase II**

Learn Process #7

- How to effectively identify the Unhealthy Undercurrents preventing healing
- How to create Feedback Loops to demonstrate the Before and After
- How to begin to identify effective strategies to heal wounds
- How to assess for the Window of Tolerance
- How to assess for dietary needs

**Review of all props & pre-session preparation needed for PLL FST Phase III**

**Review Script of PLL FST Phase III**

Learn Process #8

- How to draft a Wound Playbook

**Lunch Break from 12:00pm – 1:00pm**

**1:00 p.m. – 3:00 p.m. PLL FST Phase IV & Phase V**

**Review of all props & pre-session preparation needed for PLL FST Phase IV**

**Review Script of PLL FST Phase IV**

Learn Process #9

- How to identify possible “What will you do if” scenarios around the Playbook
- How to dress rehearse the identified scenarios

**Review of all props & pre-session preparation needed for PLL FST Phase V**

**Review Script of PLL FST Phase V**

Learn Process #10

- How to consolidate gains by using a Success Chart and Mini Scales
- How to create the Red Flags Checklist
- How to decide “where to go from here” – review again the Decision Tree
- How to schedule their first Callback if the family has received the full treatment dosage and no more work is needed

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