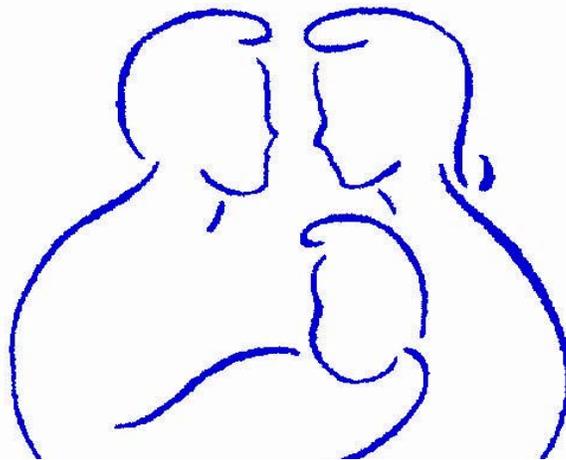


# Savannah Family Institute

*Helping Professionals, Parents, and Tough Teens Find Solutions*

## *Parenting with Love and Limits®*

### GROUP THERAPY CERTIFICATION PLANNER



#### Main Office

161 Passaic Lane  
Richmond Hill, GA 31324  
Toll Free: (800) 735-9525  
Direct: (912) 727-2840  
FAX (912) 727-2847

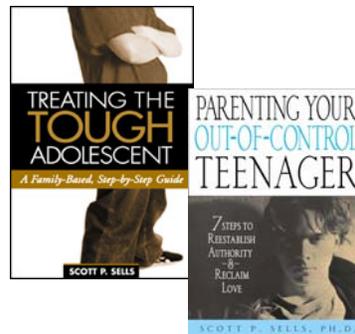
#### Business Development:

Diana L. Bala, MA, PCC, NCC  
164 Ferguson Drive  
Tallmadge, OH 44278-2812  
Phone (330) 630-0555  
Fax (330) 630-3155  
[diana@difficult.net](mailto:diana@difficult.net)



# Savannah Family Institute

[www.difficult.net](http://www.difficult.net)



Thank you for your interest in Savannah Family Institute's *Parenting with Love and Limits*® Group Therapy Certification Training. We look forward to conducting training for your organization in the near future!

Enclosed you will find information on planning a PLL Certification, including...

- A PLL Group Therapy Certification Checklist
- Complete descriptions, course objectives and agendas for the PLL Group Therapy Certification Training.
- A Word about Post-Training Supervision
- About the Author
- Personal bios of our trainers
- Workshop evaluations
- References

Once again, we look forward to working with you. If you have any additional questions, or would like to schedule a certification class, please contact us at the e-mail address or phone number below.

Sincerely,

Scott P. Sells, Ph.D.  
Executive Director  
Savannah Family Institute

# PLL Group Therapy Certification Checklist

## 1. CALL AND SCHEDULE A DATE FOR YOUR TRAINING

The first order of business is to call and schedule a date for the training. The calendar fills very quickly, so please call early. One suggestion -- from our experience, therapists working in agencies typically prefer workshops conducted during the work week. On the other hand, professionals in private practice tend to prefer that at least one day of the workshop occur on a weekend so they do not have to miss two days of work.

Savannah Family Institute is proud to have a highly skilled and experienced team of trainers, all hand picked and intensively trained by Dr. Sells (see the attached biographies).

To schedule your workshop, please contact:

Diana L. Bala, Business Development Specialist  
Savannah Family Institute  
Toll Free 1-800-735-9525  
Direct Line (330) 630-0555  
Fax (330) 630-3155  
Email: [diana@difficult.net](mailto:diana@difficult.net)

## 2. WE WILL SEND YOU A TRAINING AGREEMENT

Once we have settled on a date and scheduled a trainer, we will mail you a simple Training Agreement outlining the details of our agreement. This agreement will include the following information: (1) dates for the workshop; (2) statement of workshop fee and other costs; (3) workshop topic; (4) statement of cancellation policy.

Please note that workshop dates are not guaranteed until the Training Agreement has been received and signed by both parties. You may fax the agreement to SFI at: (912) 727-2847.

## 3. PRODUCE AND MAIL YOUR OWN BROCHURE (IF OPEN TO PUBLIC)

Upon your request, we will be happy to supply you with sample brochures. Please feel free to copy from these samples to create your own brochure. If you have any questions or would like our input, please call us at 1-800-735-9525.

# ***Parenting with Love and Limits®***

## **Group Therapy Certification**



Based on Dr. Sells' book Parenting Your Out-of-Control Teenager, this three-day certification training will show you how to set up, market, and conduct your own 6-week parenting program. On the third day, you will conduct an actual parenting class with real families. As part of your tuition, you will receive the parenting program kit (a \$375.00 value).

### **Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love**

by Scott P. Sells, Ph.D. (St. Martin's Press, 2001)

Every teenager rebels against authority at some point - talks back, breaks curfew, or disobeys. But literally millions of teens go beyond normal adolescent rebellion to engage in out-of-control or dangerous behavior. Now, in this breakthrough guide, Dr. Scott Sells will finally give you a permanent, positive method to reestablish authority and reclaim love with even the most difficult teenager.



### **Parenting With Love and Limits® Group Therapy Certification**



Group facilitators present the parenting model in an application format using live demonstrations through the "Inner/Outer Circle" and parent and teen breakout groups. Teens will be just as involved as their parents in all areas of the group.

Facilitators will show each parent how to execute and deliver consequences to stop the teen's 7 aces, or big guns of disrespect -- truancy, violence, teen pregnancy, threats of suicide, and alcohol and drug use.

### **Certification Training Kit Includes:**

- 1 Parenting Your Out-of-Control Teenager Book
- 1 Parenting Video Series Tape (All Six Parenting Classes)
- 1 Application Leaders Guide
- 1 Parent Workbook
- 1 Teen Workbook
- 1 Course Announcement Poster
- 1 Graduation Certificate

# PLL GROUP THERAPY PROGRAM: THREE DAY CERTIFICATION TRAINING AGENDA

## Day One-Classes 1 thru 3

- 8:45 am – 9:30 am The Use of Icebreakers - Why is this a Good Beginning Intervention-
- 9:30 am – 10:00 am Overview of Six Classes-
- ▶ Class #1 – Venting and Why Teens Misbehave
  - ▶ Class #2 – Button Pushing and Button Busters
  - ▶ Class #3 – Contracting and Recruiting Outside Helpers
  - ▶ Class #4 – Inner-Outer Circle Contracting and Troubleshooting
  - ▶ Class #5 – Neutralizing the 7 Aces
  - ▶ Class #6 – Restoring Nurture and Graduation
- 10:00 am – 10:30 pm What Makes This Seminar Different From Typical Programs?
- ▶ The Inner/Outer Circle
-  Video Demonstration: The Inner/Outer Circle and a Panel of Parental Experts
- ▶ How the Teenager is Engaged
  - ▶ Breaking Parental Resistance-
  - ▶ The 7 Aces “Parents Only” Night
- 10:30 am – 10:45 am **Break**
- 10:45 am – 11:00 am Key Terms and Definitions of Group Process
- ▶ Stages of Group Development – What to Expect and When
  - ▶ How to Form Linkages
  - ▶ How to Learn Process
- 11:00 am –12:00 pm Class #1- Why Teens Misbehave
- What’s Your Theory?  
Top 6 Reasons Why Your Teen Misbehaves
- 12:00 pm – 1:00 pm Role play for 10 person subgroup – The Five Techniques
- The Art of Venting and Breakout Groups
- ▶ Empathizing, Not Sympathizing (What’s the difference?)
  - ▶ How do you gently neutralize a monopolizing or agitated parent or teen?
  - ▶ Can You Form Linkages?
- Class #1- Solution Talk and Compliments
- ▶ Can you get parents and teens to move from problem talk to solution talk?
  - ▶ Can you skillfully give compliments?
  - ▶ Can You Use the Rubber Band Technique?
- 1:00 pm – 2:00 pm **Lunch- Prepare trainees to conduct role plays for Class #2**

2:00 pm –4:00pm

Class #2- Button-Pushing and Breakout

- ▶ Tom and John – Demonstrate pgs 31-37
- ▶ Trainees –Demonstrate pgs 41-43 - 3 people – 3 button busters
- ▶ One person to group facilitate unpredictables for parents pg 47 and
- ▶ One person to group facilitate unpredictables for teens pg 53

4:00 pm – 5:00 pm

Class #3- Why Your Contracts Fail and Working With Outsiders and Breakout

- ▶ Two Trainees Demonstrate pgs 62-70-Didactic-Why Contracts Fail
- ▶ Two Trainees Demonstrate pgs 75-84-Didactic-How to Mobilize Helpers
- ▶ Tom and John-Demonstrate pgs. 71-75- Creating Ironclad Rules-Parents
- ▶ Tom and John-Demonstrate pgs. 85-89- Create Reward-Negotiation
- ▶ Breakouts-Coaching Trainees to Facilitate Creating Ironclad Rules with Parents
- ▶ Drugs and Alcohol, Sexual Promiscuity, Suicide, Curfew

**Ask trainees to read pages 100-111; 117-125; 136-149-Assign for Class #6**

## **Day Two-Classes 4 thru 6**

9:00 am – 10:00 am

How to Market the Parenting Program (Appendix B)

- ▶ Why Current Marketing Fails
- ▶ “Out of the Box” Marketing
- ▶ It Takes a Village to Market the Program

10:00 am – 10:15 am

**Break**

10:15 am – 12:30 pm

Class #4- Contracting and Troubleshooting –Parent s Only

- ▶ Trainers/Trainees - Co-Demonstrate pgs. 117-125- Create Punishments and PPR-Teen Breakout
- ▶ Trainers/Trainees - Co-Demonstrate pgs. 100-111-Create the Ideal Contract through the Inner/Outer Circle- Parent Breakout

12:30 pm – 1:30 pm

**Lunch- Assign trainees to Class #5 - Assign People to Teams**

1:30 pm - 3:30 pm

Class #5- Consequences to Stop the 7 Aces with Breakouts

- ▶ Trainee Facilitates the Overview of How to Apply the 7 Aces and How to Apply the Positive Teen Report pgs. 135-142
- ▶ (Break Into Groups of 5) Trainee Facilitates Building own Contract using Inner/Outer Circle pgs. 145-152

3:30 pm – 5:00 pm

Class #6- Restoring Lost Nurturance with Breakouts

- ▶ 2 Trainees Facilitate The Great Santini – The Big Chill - Nurturing a Plant pgs. 157-163
- ▶ 2 Trainees Facilitate 5 Toxins-7 Strategies- pgs. 167-172
- ▶ 2 Trainees Facilitate – Graduation Steps- pgs. 173-175

## Day Three-Live Supervision with Real Families

9:00 am – 10:00 am	Final Prep Before Families Arrive
10:00 am – 12:00 pm	<u>Class #1</u> with Live Families-All Teams
12:00 pm – 1:00 pm	<b>Lunch – Families and Workers Eat Together</b>
1:00 pm --- 3:00 pm	Team A – Class #2- Team B- Class #3 Team C- Class #4 Team D – Class #5- Team E – Class #6- OR Group #1-Class #4 with Live Families Group #2-Class #6 with Live Families Group #3-Class #2 with Live Families Group #4-Class #5 with Live Families
3:00 pm --- 4:00 pm	<b>Debriefing With Families and Counselors</b>

## **ALTERNATE AGENDA FOR DAY 3 – TRAINEES OBSERVE SFI TRAINER CONDUCTING CLASSES WITH LIVE FAMILIES (USED WHEN LIMITED NUMBER OF FAMILIES ARE AVAILABLE)**

### **Day Three-Live Supervision with Real Families and How to Supervise**

9:00 am – 10:00 am	Final Prep before Families Arrive and Overview of How to Supervise- Participants will use Supervision Manual to supervise Dr. Sells
10:00 am – 12:00 pm	Class #1 with Live Families - Observing the SFI Trainer
12:00 pm – 12:30 pm	<b>Lunch – Families and Workers Eat Together</b>
12:30 pm --- 2:30 pm	Class #4 with Live Families - Observing the SFI Trainer
2:30 pm --- 3:00 pm	<b>Debriefing With Families and Counselors</b>
3:00 pm – 5:00 pm	Proper Use of the Supervision Treatment Fidelity Manual

## COURSE OBJECTIVES

1. Learn to help parents select from a menu of research-based techniques to stop their difficult children or teens in the areas of disrespect, lying, fighting, running away, negative peer influences, ditching school, failing grades, ADD, and drug or alcohol use.
2. Learn to use the video clips to get resistant parents to complete essential homework assignments.
3. Demonstrate techniques used to make parents the experts in solving their own teenagers' problems.
4. Learn to use parent participation during the classes to demonstrate actual principles (i.e., contracting) that enable parents to solve current problems, thereby bridging the gap between video, discussion, and real life problems.
5. Learn to use the PLL Parenting Group as a filter to determine which families need more intensive one-on-one treatment and which only need periodic follow-up after the course is completed.
6. Learn to set up, successfully market, and conduct the six-week PLL parent training classes in a group therapy format.
7. Receive interactive supervision from SFI after the 3-day Certification Program is completed.

## POST-TRAINING SUPERVISION

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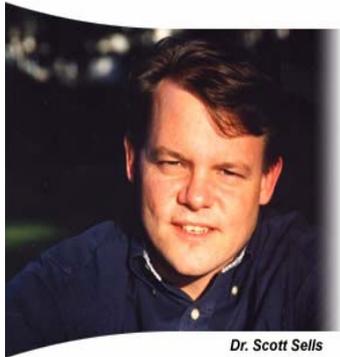
### Phone Supervision

To assure quality and fidelity of the models, SFI will provide phone supervision by one of our qualified supervisors. Typically, the supervision will be one hour per month for PLL Group Therapy and one hour per month for PLL Family Therapy. This is for a total of 10 months throughout the year. These sessions are vital for these reasons:

- To ensure treatment fidelity of the model and adherence to training procedures. It is normal that trainees will have questions or get stuck at times when trying to implement a new model of practice.
- To ensure more accurate outcome results. One of the biggest criticisms in standard research studies are something called “regression to the mean.” It is normal for trainees who have received a new treatment approach to slide back into their old models. If they stop following the model, the results of the study are skewed, because you cannot be sure that the trainee was actually following the correct procedural steps.
- Many types of crisis situations will come up when the trainers are not on-site. As a result, the phone supervision is an invaluable resource. This will allow your staff to problem solve when they are stuck in the parenting class or have a problem.

## ABOUT THE AUTHOR

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Dr. Scott Sells

Due to the wide acceptance of his books, Dr. Scott P. Sells has gained national recognition as an expert in the treatment of difficult teenagers. Currently, his ongoing lecture and workshop schedule reaches thousands of professionals and parents. Dr. Sells has been a practicing therapist for over 15 years, treating over 350 out-of-control teenagers and their families.

**Background.** Dr. Sells holds doctorate degrees in both Social Work and Family Therapy from Florida State University and a Master's degree in Social Work. He has previously served as a Full Professor at Savannah State University, teaching masters students in advanced clinical practice. Dr. Sells also serves as a consultant for the Department of Juvenile Justice, and as the

CEO of the Savannah Family Institute. Dr. Sells is receiving widespread media coverage for his work with an inner-city neighborhood, establishing a community center clinic that will treat at-risk children using the principles from his books.

### **Professional Memberships and Certifications**

American Association for Marriage and Family Therapy - Approved Supervisor  
Licensed Clinical Social Worker (Lic # 01790-C)  
Licensed Marriage and Family Therapist (Lic # 01456)

**Publications.** Dr. Sells' first book, entitled Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide (Guilford, 1998), was based upon a four year outcome study of 82 difficult teenagers and their families. This book was featured as the alternate main selection in the Behavioral Science Book Club.

Dr. Sells' wrote his second book, entitled Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love (St. Martin's, 2001), because current parenting books and counseling programs often did not address the special circumstances specific to the out-of-control teenager. This book is based upon a four year research study and contains the seven critical steps parents need to restore both love and limits with their teenagers.

In addition to these two books, Dr. Sells has had over a dozen major publications in preferred journals, plus a book chapter in the Handbook of Family Therapy Research Methods (Guilford, 1996).

**Conference Presentations.** Dr. Sells has extensive experience as a keynote speaker for national professional organizations like the American Association of Marriage and Family Therapy, the National Association of Social Workers and the Southeastern Psychological Association. He has also presented at national conferences for the Council on Social Work Education and at state conferences for the Nevada Association for Marriage and Family Therapy, the Georgia Association for Marriage and Family Therapy, the Clinical Social Workers' Association and the School Social Workers' Association of Georgia. Dr. Sells was invited to be one of six expert presenters at the American Association of Marriage and Family Therapy's prestigious Summer Institutes in Park City, Utah, and the Cape Cod Institute in Cape Cod, Massachusetts, honors given only to those in the field who are demonstrating cutting edge work in the field.

## TRAINER BIOS

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**Scott P. Sells, Ph.D., LCSW** has conducted seminars in over 80 cities for the past five years and spoken to over 12,000 professional counselors and parents based on his first book entitled, **Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide** (New York: Guilford Press, 1998) and his second book entitled **Parenting Your Out-of-Control Teenager: 7 Steps to Reestablish Authority and Reclaim Love** (New York: St. Martin's Press, 2001). He is a former Full Professor at Savannah State University and currently the Executive Director of Savannah Family Institute. Over the past fifteen years, Dr. Sells has treated over 350 difficult children.

**Steven Burggraf, Ph.D., L.P.C.C.** is the founder and Executive Director of Family Life Counseling & Psychiatric Services in Mansfield, Ohio, which was established in 1999. Dr. Burggraf is firmly established in SFI's *Parenting with Love and Limits*<sup>®</sup> System of Care. He received his Ph.D. in Clinical Psychology from Union Institute in 1999, and was licensed as a Professional Clinical Counselor in the state of Ohio in 1996. He specializes in adolescent and family behavioral health, and has been treating the tough adolescents and their families since 1996. Dr. Burggraf is also a Certified Marriage and Family Therapist and has been professionally affiliated with AAMFT since 1996. He has experience in providing psychological evaluations and counseling services for at-risk family members through Children's Services and Juvenile Court, providing administrative services as Director of Adolescent Mental Health & Substance Abuse Services at a psychiatric hospital, and has worked as a counselor in private practice. Dr. Burggraf is an ordained minister with the Christian and Missionary Alliance denomination, and has pastored in churches in Ohio and Michigan from 1983 to 1999. Dr. Burggraf's youth was sketched with its own difficulties, and he takes these experiences and relates well with the difficult youth and their family. He uses a systemic approach, and believes strongly in team efforts to bringing wholeness and healing to hurting families.

**Ted Stein, CPC** has spent the last decade helping unhappy families and couples choose more effective behaviors that result in rediscovering lost love and tenderness. Ted maintains a private practice in La Crosse, Wisconsin called Stein Counseling & Consulting Services, Ltd. And he is the director of SFI Wisconsin. Ted specializes in family, couple, and adolescent counseling using a solution focused approach. He is an adjunct professor at Viterbo University where he teaches Effective Behavior. He has twice been nominated for the University of La Crosse, Wisconsin Rada Distinguished Alumnus award. Ted is a member of the American Counseling Association (ACA), the Association for Specialists in Group Work (ASGW), the International Association of Marriage and Family Counselors (IAMFC), and the Association for Counselor Education and Supervision (ACES). Ted is a member of the distinguished Red Cross Disaster Relief Team Mental Health Services. Additionally, he is a Certified Corrective Thinking Practitioner and Certified Multi-Cultural Competent. Locally, Ted serves on the Juvenile Justice Coalition and the Child Abuse Task Force. He provides clinical supervision and consultation to other mental health professionals in the La Crosse Area. In 2002, Ted had one of his adolescent group services programs objectively evaluated and it was rated in the top 8% in the country for effective treatment of high risk adolescents.

**Dan Sabourin** has over 17 years of diverse experience with families and youth in various settings and environments, most of it related to youth justice, working with court ordered youth and their families. These settings include both closed and open custody youth between the ages of 12 and 18. Earlier in his career, Dan worked as a youth employment counselor, providing both individual counseling and group facilitation to youth/young adults with employability issues. Dan has been a coordinator/manager for 10 years and recently co-developed a new initiative of

offering crisis support for families and their children. He actively trains agency staff in crisis prevention and intervention and co-supervises a small team of family and youth workers. Dan has been trained as a facilitator in the Wraparound process, Community Justice Forums and Child Abuse. In addition, Dan has extensive training and experience in SFI's *Parenting with Love and Limits*<sup>®</sup> System of Care.

**Norm St-Georges** currently works for a large youth-serving agency in Ottawa, Canada. The agency provides a wide range of services to high risk / high needs youth and their families. He spent the last 23 years providing services to very challenging youth and their families in different capacities and through different types of services. Norm has been a coordinator / manager for 13 of those 23 years. He also actively trains agency and school board staff in crisis prevention, management and intervention. Norm also acts as a consultant for diverse youth and adult-serving agencies to develop intervention strategies for out of control clients and implement action plans as well as train staff delivering those services. Norm also was a part time professor in a community college for a period of 5 years in a program forming youth counselors. Norm currently runs a program for youth who are expelled from the school system. This program provides services to the youth and their families in their own community. Norm has extensive training and experience in SFI's *Parenting with Love and Limits*<sup>®</sup> System of Care.

## WORKSHOP EVALUATIONS

The evaluations of the workshops are overwhelmingly favorable based upon the written comments received and the standard evaluation forms returned. Written comments seem to center around a theme that the workshop is highly practical, easy to understand, and fills the need for a step-by-step approach. Sample written comments include:

"I came as a parent, a professional, and a student. Rarely has a workshop been so useful to all the hats I wear." – Dr. Cynthia Wilburn, Phoenix, Arizona, March 17, 2001

"Motivating, practical, respectful, clear and "do-able" model. I've never experienced such a touching workshop that fills me with therapeutic hope". - Dr. John Marque, Sydney, Australia, March 2002

"The presentation made me excited about new ways of working, something I haven't felt from a workshop for a long time". Dr. Lynn James, Jackson Mississippi, June 2002

"Great workshop. Showed us that there is light at the end of the tunnel! That there is a proven program to help my out-of-control teenager". Betty Rutherford, Parent, January 2002, Chicago, IL.

The results from the standardized evaluation forms are favorable. The following table gives a summary of the numerical ratings from our presentations at the American Association of Marital and Family Therapy (2002), the Georgia Association of Marital and Family Therapy (2002), and the Master's Therapy Series (2001). These scores are representative of the scores from other workshops, which are also available upon request. Ratings are based on a 6-point scale, with a score of 6 being the highest. Averages for all the participants for each question were calculated.

Conference Session	My Rating	Average Score
<b>American Association of Marital and Family Therapy (&gt;02)</b>		
I acquired new skills or knowledge.	5.67	4.54
The presenter had sufficient knowledge and expertise.	5.57	5.05
The method used to present held my attention.	5.22	4.27
The stated learning objectives were met.	5.37	4.95
The presenter presented material in an organized manner.	5.45	5.05
<b>Georgia Association of Marital and Family Therapy (&gt;02)</b>		
1. I acquired new skills or knowledge.	5.89	Not available
2. The presenter had sufficient knowledge and expertise.	5.65	
3. The method used to present held my attention.	5.77	
4. The stated learning objectives were met.	5.57	
5. The presenter presented material in an organized manner.	5.81	
<b>The Master's Series Conference (&gt;01)</b>		
1. I acquired new skills or knowledge.	5.91	Not available
2. The presenter had sufficient knowledge and expertise.	5.95	
3. The method used to present held my attention.	5.87	
4. The stated learning objectives were met.	5.89	
5. The presenter presented material in an organized manner.	5.83	

## REFERENCES

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Please feel free to contact any of the individuals listed below who have served as past sponsors of workshops by Savannah Family Institute.

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