

Welcome to



Parenting with Love and Limits®
www.gopll.com

CENTER OF EXCELLENCE

CERTIFICATION TRAINING

Training Date

Training Location

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DAY 1: PLL ADMINISTRATIVE PLANNING AND OVERVIEW & PLL GROUP CERTIFICATION

MONDAY - PLL OVERVIEW & GROUP THERAPY

Goals and Objectives: (1) Overview of PLL System of Care & Train in Administrative Planning;
(2) Train everyone 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. on Monday Morning

9:00 a.m. – 10:30 a.m.

Trainer

- **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

PLL Vice President of Clinical Services:

- **Overview of PLL Model: Power Point Presentation**

Trainer

- **Brief walk through of Group Manual**
 - ✓ What icons mean
 - ✓ Tab of 6 groups
 - ✓ Appendix A – Stages of Group Development (p. 191)
 - ✓ Appendix B – Motivational Interviewing Spin Philosophy (pp. 192-199)
 - ✓ Script for Level 1 Motivational Phone Call (pp. 200-201)
 - ✓ Script for Level 2 Motivational Intake (pp. 202-205)
 - ✓ Appendix C – Top Answer Game (pp. 206-207)
 - ✓ Appendix D – Group Props (pp. 208-209)
 - ✓ Appendix E – Group Fidelity Checklists (pp. 211-232)
- **Brief walk through of Binder**
 - Quick Review of Tabs

10 Minute Break at 10:30am

Trainer

10:40 a.m. – 12:00 a.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

Teach 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

Teach Process #2

- The art of Venting
- How to get Parents to Move From Problem Talk to Solution Talk
- How to skillfully give complements
- 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

Teach 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 Complements
- How to Use the Rubber Band Technique

Trainee Role Plays



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

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 of how each will practice completing the Group One Fidelity Checklist as they observe the live Group Session and will share their ratings during the debriefing.

10 Minute Break at 2:30pm

2:30 p.m. – 4:00 p.m. Group #2

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

Review Script of Hour One (Families all together)

Teach 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

Teach Process #5

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

Trainee Role Plays



- ▶ First Button Buster and segue into 2nd Button Buster
- ▶ Unpredictable Segment

Review Script of Hour Two Teen Breakout

Teach Process #6

- 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

Check Fidelity – Review Group Two Fidelity Checklist

- ▶ Review each content item, reflecting back on the Group Two Training just Completed

DAY 2: PLL GROUP CERTIFICATION

TUESDAY - PLL GROUP THERAPY

Goals and Objectives: Train in Groups 3-6

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

8:00 a.m. – 10:00 a.m. Group #3

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)

Teach Process #7

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

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

Teach Process #8

- How to convert problems/complaints into concrete and observable categories
- How to create an ironclad rule
- How to role play recruiting outside helpers

Trainee Role Plays



- ▶ Converting complaints into categories
- ▶ Creating an ironclad rule
- ▶ Role play of recruiting outside helpers

Review Script of Hour Two Teen Breakout

Teach 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

Trainee Role Plays



- ▶ The Art of Negotiation Segment

Check Fidelity – Review Group Three Fidelity Checklist

- ▶ Review each content item, reflecting back on the Group Three Training just Completed

10 minute break at 10:00am

10:10 a.m. – 12:00 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 on p. 116 in Group Leader's Guide)
- ▶ Classic Derailing Moves Cheat Sheet Replicated on Flip Chart (Template on p. 132 in Group Leader's Guide)

Review Script of Hour One Parent Breakout

Teach 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

Review Script of Hour Two Parent Breakout

Teach 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

Trainee Role Plays



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

Video Example – Hour Two Parent Breakout



- ▶ Dress Rehearsing the Storyboard of the Rule

Review Script of Hour One & Two Teen Breakout

Teach 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

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

Check Fidelity – Review Group Four Fidelity Checklist

- ▶ Review each content item, reflecting back on the Group Four Training just Completed

Lunch Break 12:00pm to 1:00pm

1:00 p.m. – 2:30 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 Classic Derailing Moves Cheat 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

Teach 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



- ▶ Teaching Parents to write a meaningful PTR

Review Script of Hour Two Parent Breakout

Teach 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

Trainee Role Plays



- ▶ Storyboarding the Rewards
- ▶ Dress Rehearsing the Storyboard of the Rewards
- ▶ Storyboarding the Consequences
- ▶ Dress Rehearsing the Storyboard of the Consequences

Review Group Five, Teen Breakout

Teach 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 content item, reflecting back on the Group Five Training just Completed

10 minute break at 2:30pm

2:40 p.m. – 4:30 p.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)

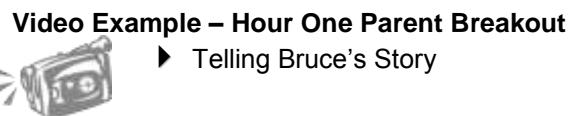
Teach Process #16

- How to use create emotional intensity with the intentional questions after the Great Santini 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 content item, reflecting back on the Group Six Training just Completed

Day 3: PLL “Coaching” Family Therapy Certification

WEDNESDAY – PLL FAMILY THERAPY (CORE FOUR PHASES)

Goals and Objectives: Train in Core Family Therapy (Coaching) Phase #1 & Pre-Session Preparation for Phase #2

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

8:00 a.m. – 9:00 a.m. WebEx Training & Site Login Training

9:00 a.m. – 10:00 a.m. Case Manager/CBAT Training – John Burek – WebEx invitation sent by John

10 minute break at 10:00 a.m.

10:00 a.m. – 12:00 p.m. PLL Family Therapy Core Phase #1

Review of all Props needed for Coaching Phase #1

Review of Flip Chart to have prepared prior to Coaching Phase #1:

- ▶ Stress chart (include the Stress line, the Safety Stressor Box, and the Bus for Village Picks)

Review Script of Phase #1

Teach 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
- ▶ Explaining the purpose of the Apple Tree
- ▶ Explaining one or more of the four seeds

Video Example – Hour One Parent Breakout



- ▶ Categorizing complaints
- ▶ Charles – Expanding Misuse of Power with SK & Explanation of Unhealthy Undercurrents as Roots

Lunch Break 12:00pm to 1:00pm

1:00 p.m. – 4:00 p.m. Pre-Session Preparation for Phase #2

Review Pre-Session Preparation Document

Teach 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
- 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)

Review of Flip Charts to have prepared prior to Coaching Phase #2:

- ▶ Outlines for Feedback Loops
- ▶ Outline for Aftercare Plan (Reentry only)
- ▶ Outline for Contract

Video Example – Coaching Phase #2



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

10 minute break at 2:00pm

Day 4: PLL “Coaching” Family Therapy Certification

THURSDAY - PLL FAMILY THERAPY (CORE FOUR PHASES)

Goals and Objectives: Train in Core Family Therapy (Coaching) Phase #2, #3 & #4

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

8:00 a.m. – 10:00 a.m. PLL Family Therapy Core Phase #2

Review of all Props needed for Coaching Phase #2, including prepared flip charts

Review Script for Phase #2

Trainee Role Plays



- ▶ Presenting Before Feedback Loops
- ▶ Presenting After Feedback Loops with Rewards
- ▶ Presenting After Feedback Loops with Consequences
- ▶ Drafting an Ironclad & Concrete Rule
- ▶ Contracting Rewards and/or Consequences (focus on the area that was not practiced during the teaching of Group #4)

10 minute break at 10:00am

10:10 a.m. – 2:00 p.m. PLL Family Therapy Core Phase #3

Review of all Props needed for Coaching Phase #3

Review of Flip Chart to have prepared prior to Coaching Phase #3:

- ▶ Key Additions to the contract drafted in the previous session (Healthy Undercurrents, Parent & Village Roles)
- ▶ Outline of Classic Derailing Moves Sheet (Countermove)

Review Script of Phase #3

Teach Process #3

- 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 Countermove
- How to draft Countermove for Parent & Village Roles
- How to explore for possible Villagers

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”)

Lunch Break from 12:00pm – 1:00pm (Working Lunch-Videos shown)

Video Example – Coaching Phase #3



- ▶ Coaching 3 – NAFI Maeve
- ▶ 3- Phase 3 – Ashley-Storyboard-Role play how to Stop Piling On (example of having the teens present due to their cooperation)
- ▶ 4- Phase 3 – Ashley-Real time Practice Delivery of Reward with Teen and Powerful Impact on Teen
- ▶ Doga Gets Contract

10 minute break at 2:00am

2:00 p.m. – 4:00 p.m. PLL Family Therapy Core Phase #4 with Demonstrations

Review of all Props needed for Coaching Phase #4

Review of Flip Chart to have prepared prior to Coaching Phase #4:

- ▶ Outline of Red Flags Checklist
- ▶ Decision Tree

Review Script of Phase #4

Teach Process #4

- 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 use the Call Back Script
- How to decide “where to go from here”
- How to play the Skills Seek Game

Video Example – Coaching Phase #4



- ▶ 2-Phase 4 – Chris – Mini Scales to Consolidate Gains
- ▶ 6-Phase 4 – Chris – Skills Generalization Game with SK

Review Relapse Prevention Document & Script for Call Backs

Day 5: PLL “Coaching” Family Therapy Certification

FRIDAY - PLL FAMILY THERAPY – WOUND WORK

Goals and Objectives: Train in Family Therapy (Coaching) Wound Work (Getting below the surface down to the Roots)

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

8:00 a.m. – 12:00 p.m. PLL Family Therapy Wound Work Phase #1 & Phase #2

Teach Process #5

- The difference between the Hard Side of Hierarchy and the Soft Side of Hierarchy
- The Difference and Use of a Classic Contract versus a Playbook
- The overlay/comparison between the Core Four Phases and the Four Phases of Wound Work

Review of all props needed for Pre-Wound Work & Wound Work Phase #1

Review Script of Pre-Wound Work & Phase #1

Teach Process #6

- When to present the Pre-Wound Work Session material
- How to effectively explore the family wounds
- How to use video clips effectively to illustrate unhealthy Wound Undercurrents

Video Example – Sample clips to illustrate unhealthy undercurrents (have trainees identify which undercurrents are being illustrated)



- ▶ The Lion King
- ▶ Antwone
- ▶ Amish Grace

10 minute break at 10:00am

Review of all props needed for Wound Work Phase #2

Review of Flip Chart to have prepared prior to Wound Work Phase #2:

- ▶ Outline of Wound Work Feedback Loops
- ▶ List of Possible Interventions for a Playbook
- ▶ Outline of Playbook

Review Script of Pre-session Preparation & Wound Work Phase #2

Teach Process #7

- How to draft effective Wound Feedback Loops
- How to draft a Wound Playbook

Lunch Break from 12:00pm – 1:00pm

1:00 p.m. – 4:00 p.m. PLL Family Therapy Wound Work Phase #3 & Phase #4

Review of all props needed for Wound Work Phase #3

Review of Flip Chart to have prepared prior to Wound Work Phase #3:

- ▶ Possible “What will you do if” scenarios around the Playbook

Review Script of Pre-session Preparation & Wound Work Phase #3

Teach Process #8

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

10 Minute Break at 2:00pm

Review of all props needed for Wound Work Phase #4

Review Script of Wound Work Phase #4

Teach Process #9

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

**Collect the PLL Training Evaluation Forms &
Handout Training Certificates**