Welcome to

**Center of Excellence**

**certification training**

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# Parenting with Love and Limits®

# www.gopll.com

**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 & observe Live Motivational Interview

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)**

* + - ***![MC900162946[1]]()***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

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

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

![MC900319328[1]]()**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

![MC900162946[1]]()**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**

* + - ***![MC900162946[1]]()***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, seguing between power point and video clips
* How to sell the tough assignment of doing an Unpredictable with their teen

![MC900162946[1]]()**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**

* ![MC900162946[1]]()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

**4:00 p.m. – 5:00 p.m. Motivational Interview – Live Demonstration with one family – PLL Trainer & Coaching Therapist Trainee**

##### Day 2: PLL Group Certification

##### Tuesday - PLL Group Therapy

Goals and Objectives: Train in Groups 3-6 & observe live demonstration of Group #1

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**

* + - ***![MC900162946[1]]()***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

![MC900162946[1]]()**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

![MC900162946[1]]()**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**

* + - ***![MC900162946[1]]()***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**

* + - ***![MC900162946[1]]()***Storyboarding the Rule
		- Dress Rehearsing the Storyboard of the Rule

![MC900319328[1]]()**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**

* + - ***![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

**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

![MC900319328[1]]()**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**

* + - ***![MC900162946[1]]()***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**

* + - ***![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

**5:30 p.m. – 7:30 p.m. Group #1 – Live Demonstration with all Families – Coaching Therapist Trainee & Co-facilitator Trainee**

**7:30 p.m. – 8:00 p.m. Debrief Group#1 Session with Fidelity Checklist**

**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 & #2 & observe live demonstration of Coaching Phase #1

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**

* + - ***![MC900162946[1]]()***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

![MC900319328[1]]()**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 & PLL Family Therapy Core 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

![MC900319328[1]]()**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***

**5:00 p.m. – 7:00 p.m. First Family Coaching Session Phase #1 – Live Demonstration – PLL Trainer & Coaching Therapist Trainee**

**7:00 p.m. – 8:00 p.m. Debrief Family Coaching Session Phase #1 with IPR and reach consensus on Unhealthy Undercurrents feeding the Symptom and Seed**

**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. Trainees practice Phase #2 with their “Pre-session Preparation” materials**

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

**Review Script for Phase #2**

 **Trainee Role Plays**

* + - ***![MC900162946[1]]()***Presenting Before Feedback Loops
		- Presenting After Feedback Loopswith 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 (Countermoves)

**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 Countermoves
* How to draft Countermoves for Parent & Village Roles
* How to explore for possible Villagers

 **Trainee Role Plays**

* + - ***![MC900162946[1]]()***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)***

![MC900319328[1]]()**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

![MC900319328[1]]()**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**

* ![MC900319328[1]]()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**