

Welcome to



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CENTER OF EXCELLENCE CERTIFICATION TRAINING

Training Date
March 14-18, 2016

Training Location
Mansfield, Ohio

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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 Expectations; (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 ONLY...remaining days training begins at 8:00 am

9:00 a.m. – 10:30 a.m.

Trainer

- **Review of Training Expectations:**
 - ✓ 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

Vice President, PLL Clinical Services

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

Trainer

- **Brief walk through of Materials**

10 Minute Break at 10:30am

Trainer

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



- ▶ Using Group as Co-Therapists
- ▶ 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



- ▶ 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

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 Learn 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

Video Example – Hour Two Parent Breakout



- ▶ First Button Buster

Review Script of Hour Two Teen Breakout

Learn Process #6

- How to Learn 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 content item, reflecting back on the Group Two Training just Completed

HOMEWORK: Read Group Manual - Groups 3-6

DAY 2: PLL GROUP CERTIFICATION

TUESDAY - PLL GROUP THERAPY

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 Learning 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



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

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 Parent Breakout



- ▶ The Art of Negotiation

Trainee Role Plays



- ▶ The Art of Negotiation Segment

Check Fidelity – Review Group Three Fidelity Checklist

- ▶ Review each content 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 on p. 116 in Group Leader's Guide)
- ▶ Countermoves Sheet Replicated on Flip Chart (Template on p. 132 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

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

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 content item, reflecting back on the Group Four Training just Completed

10 minute break at 2:30pm

2:40 p.m. – 4:00 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
- ▶ Helping Parents to write a meaningful PTR

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

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

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

HOMEWORK: Read Chapter One – Coaching Manual #1

Day 3: PLL “Coaching” Family Therapy Certification

WEDNESDAY – PLL FAMILY THERAPY (CORE PHASES)

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

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

8:00 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 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

10 minute break at 10:30 a.m.

10:40 a.m. – 2:00 p.m. PLL Family Therapy Core Phase I

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

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

Review Script of Core 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
- ▶ 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 Survival Guide & Explanation of Unhealthy Undercurrents as Roots

Lunch Break 12:00pm to 1:00pm

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

2:00 p.m. – 4:00 p.m. Pre-Session Preparation for Family Therapy Core Phase II

10 minute break at 2:30pm

Review Appendix B: Pre-Session Preparation for Core 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)

Video Example – Core Coaching Phase II



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

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

Day 4: PLL “Coaching” Family Therapy Certification

THURSDAY - PLL FAMILY THERAPY (CORE PHASES)

Goals and Objectives: Train in Core Family Therapy (Coaching) Phase II & III

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

8:00 a.m. – 12:00 p.m. Trainees practice Core Phase II with their “Pre-session Preparation” materials

10 minute break at 10:00am

Review Script for Core Phase II

Trainee Role Plays



- ▶ Presenting Before Feedback Loops
- ▶ Presenting After Feedback Loops with Rewards
- ▶ Presenting After Feedback Loops with Consequences
- ▶ Presenting Dashboard Reports for the CBCL and FACES Pre-Test Outcomes
- ▶ Drafting an Ironclad & Concrete Rule
- ▶ Contracting Rewards and/or Consequences (focus on the area that was not practiced during the Learning of Group #4)

Lunch Break from 12:00pm – 1:00pm

1:00 p.m. – 4:00 p.m. PLL Family Therapy Core Phase III

10 minute break at 2:00pm

Review Appendix C: Pre-Session Preparation for Core Phase III

Review Script of Core Phase III

Learn 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

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 – Core Coaching Phase III



- ▶ Coaching 3 – NAFI Maeve

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

HOMEWORK: Read Chapter 9 – Next Steps (pp. 155-163)

Day 5: PLL “Coaching” Family Therapy Certification

FRIDAY – CORE PHASE IV & PLL FAMILY-SYSTEMS TRAUMA (PLL-FST) MODEL

Goals and Objectives: Train in Core Family Therapy Phase IV and Family Systems Trauma Work (Getting below the surface down to the Roots)

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

8:00 a.m. – 10:00 a.m. PLL Family Therapy Core Phase IV with Demonstrations

Review Appendix D: Pre-Session Preparation for Core Phase IV

Review Script of Core Phase IV

Learn 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 decide “where to go from here”
- How to play the Skills Seek Game

Video Example – Core Coaching Phase #4



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

10 minute break at 10:00am

10:00 a.m. – 12:00 p.m. PLL Family Systems Trauma Phase I & Phase II

Learn Process #5

- Discuss Chapter 9 – Coaching Manual #1
- 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 – p. 160
- The overlay/comparison between the Core Four Phases and the Four Phases of Wound Work – p. 163

Review of all props needed for PLL-FST Phase I

Review Script of PLL-FST Phase I

Learn Process #6

- How to effectively explore the fallout of wound work
- 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

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 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 Systems Trauma Phase III & Phase IV & Callbacks/Tune-ups (Chapter 8)

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

Review Script of PLL-FST Phase III

Learn 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 2:30pm

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 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 Callback if the family has received the full treatment dosage and no more work is needed

Review Callbacks & Tune-ups Script (Chapter 8)

- How to use the Call Back Script
- How to use the Tune Up Script

**Hand in the PLL Training Evaluation Form &
receive your Training Certificate**