

Welcome to



Parenting with Love and Limits[®]
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CENTER OF EXCELLENCE

CO-FACILITATOR CERTIFICATION TRAINING

Training Date

Training Location

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DAY 1: PLL OVERVIEW & PLL GROUP CERTIFICATION

Monday - PLL Overview & Group Therapy

Goals and Objectives: (1) Overview of PLL System of Care; (2) Train everyone in PLL Group Therapy- Groups 1-3

Who Needs to Attend: PLL Co-Facilitators

9:00 a.m. – 10:00 a.m.

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

Brief walk through of Binder (review of each document)

- Front pocket - Training Agenda
- PLL Model
- Participation & Graduation Agreement (in color)
- Group Power Point (in color, three slides per page)
- Group Rules
- Teen Unpredictables
- Special Negotiator Techniques
- Positive Parent Report
- August Rush Questions
- Group Fidelity Checklists – Long Form (stapled together in upper left corner)
- Group Content IPR’s (stapled)
- Back pocket - PLL Training Evaluation Form

Brief walk through of Group Manual –

- What icons mean
- Tab of 6 groups and overview of all six groups
 - Class #1 – Venting and Why Teens Misbehave
 - Class #2 – Button Pushing and Button Busters
 - Class #3 – Contracting and Recruiting Outside Helpers
 - Class #4 – Contracting and Troubleshooting
 - Class #5 – Neutralizing the 7 Aces
 - Class #6 – Restoring Nurturance and Graduation
- Appendix A – Stages of Group Development (p. 191)

- Appendix C – Top Answer Game (pp. 206-207)
- Appendix D – Group Props (pp. 208-209)
- Appendix E – Group Fidelity Checklists (pp. 211-232)

10 Minute Break at 10:00am

10:10 a.m. – 12:00 a.m. Group #1

Brief Review of Script for Hour One

Learn Process #1

- How to help to raise the group energy level
- How to tag team to keep the group process flowing
- How to run technology and assist with props

Trainee Role Plays – Hour one (Families all together)



- ▶ Assisting or Leading Top Answer Game

Review Teen Breakout Props and Flip Chart that needs to be prepared ahead of time

- ▶ Hour Two Flip Chart Teen Breakout: Exact Replication of page 3 of Teen Workbook

Review Script of Hour Two Teen Breakout

Learn Process #2

- 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?
- What information you need to be sure to share with the coaching therapist

Trainee Role Plays



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

Brief Review of what happened in the Parent Breakout

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 Group One IPR

- ▶ Review how the PLL Clinical Supervisor uses the IPR to assess videos

Lunch Break 12:00pm – 1:00pm

1:00 p.m. – 2:30 p.m. Group #2

Brief Review of Script for Hour One

Learn Process #3

- How to assist in playfully getting parents and teens to produce their own buttons
- How to assist in setting up and executing an inner/outer circle
- How to tag team to keep the group process flowing
- How to run technology and assist with props

Trainee Role Plays – Hour one (Families all together)



- ▶ Assisting with the Button Identification Game
- ▶ Assisting in the Role Play of Button Pushing

Review Teen Breakout Props

Review Script of Hour Two Teen Breakout

Learn Process #4

- 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
- ▶ Unpredictable Segment

Brief Review of what happened in the Parent Breakout

Check Fidelity – Review Group Two Fidelity Checklist

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

10 Minute Break at 2:30pm

2:40 p.m. – 4:00 p.m. Group #3

Brief Review of Script for Hour One

Learn Process #5

- How to assist in playfully getting families to identify loopholes in Regina's contract
- How to tag team to keep the group process flowing
- How to run technology and assist with props

Trainee Role Plays



- ▶ Assisting in finding Loopholes in Regina's Contract

Review Teen Breakout Props and Flip Chart that needs to be prepared ahead of time

- ▶ Bring back Exact Replication of page 3 of Teen Workbook from Group One

Review Script of Hour Two Teen Breakout

Learn Process #6

- 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 Learn teens the Art of Negotiation and get teens to demonstrate this skill

Trainee Role Plays



- ▶ The Art of Negotiation Segment

Review of what happened in the Parent Breakout

Check Fidelity – Review Group Three Fidelity Checklist

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

DAY 2: PLL GROUP CERTIFICATION: AGENDA

Tuesday - PLL Group Therapy

Goals and Objectives: Train in Groups 4-6

Who Needs to Attend: PLL Co-Facilitators

9:00 a.m. – 11:00 a.m. Group #4

Review Script of Group Four Hour One and Two (Teens and Parents in Breakouts for both hours)

Review Teen Breakout Props

Learn Process #7

- How to sell teens on the Positive Parent Report
- How to Learn 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

Review of what happened in the Parent Breakout

Check Fidelity – Review Group Four Fidelity Checklist

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

10 minute break at 11:00am

11:10 a.m. – 12:00 p.m. Group # 5

Review Teen Breakout Props

Review Group Five, Teen Breakout

Learn Process #8

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

Review of what happened in the Parent Breakout

Check Fidelity – Review Group Five Fidelity Checklist

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

Lunch Break 12:00 p.m. – 1:00 p.m.

1:00 p.m. – 4:00 p.m. Finish Group #5 & Group # 6 (10 minute break at 2:30pm)

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

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

Learn Process #9

- How to tag team to keep the group process flowing
- How to run technology and assist with the props
- How to assist in creating emotional intensity around the Great Santini video clip
- How to assist in creating emotional intensity with the Healing Phrases Exercise
- How to give compliments to the teens

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

Complete the PLL Training Evaluation Form