



THE WERRY CENTRE

For Child and Adolescent Mental Health Workforce Development

The Incredible Years Basic Parent Management Training Workshop

AUCKLAND WORKSHOP

3-day Basic Parenting Programme

11, 12 & 13 October 2010

The Werry Centre workforce development programme is delighted to host training in The Incredible Years Basic Parenting workshops. Incredible Years is one of the most widely researched Parent Management Training programmes internationally. The programme incorporates a variety of training methodologies including cognitive, behavioural and developmental theories. Incredible Years utilises adult learning techniques and has been delivered and researched for more than 25 years. The programme is strongly skills based and focuses on attachment, relationship issues and emotional aspects of parenting in addition to attending to a wide range of behavioural difficulties.

The Incredible Years parenting programme has been trialled and evaluated in New Zealand*. It is ideal for community based and multi-agency delivery and it is envisaged that it will be widely used by community agencies as well as government funded agencies. The programme has been proven to be effective with many parents including single parents, parents with a history of harsh discipline, teenage parents and those experiencing relationship difficulties. Parents from a variety of ethnicities report that they have found it highly effective. An evaluation of a marae based programme has shown promising results for this group of Maori whanau (Werry Centre, 2009)*.

BASIC PARENT MANAGEMENT TRAINING PROGRAMME

This 3-day workshop will cover in depth training for facilitation of the BASIC Incredible Years Parenting programme. Incredible Years is designed to promote positive parenting strategies and to assist parents in managing children's behaviour problems. Content of this training workshop includes: play, praise, academic, social and emotional coaching, positive reinforcement, limit setting, natural and logical consequences, problem solving and effective communication skills.

Group therapy processes are utilised to promote collaboration, deal with resistance, explore and teach parenting methods and to support and advocate for parents. The Incredible Years parenting programme will be useful for professionals who are working with families of young children including those with behavioural difficulties.

The Incredible Years parenting programmes are targeted at parents of children in the 1 – 3 years age range (Toddler Programme), 3 – 6 years (Basic Pre-School Programme) and the 6-12 years (School Aged Programme).

Separate additional Update days are required for the school age programme when used specifically for the older age group (9-12 years) and the Baby & Toddler Programme when used with babies from 0-12 months. The 3 day Basic Training is a prerequisite for attending Update Days.

*Articles available on the Werry Centre website www.werrycentre.org.nz

It is highly recommended that you attend the follow up Supervision Day on 7 March 2011.

The Incredible Years Book – *A Troubleshooting Guide for Parents of Children 2-8 Years* will be supplied as well as a workbook for the workshop.

Leader manuals and resources are not included in the 3 day training fee. Additional books and programme materials such as leader manuals, DVDs, parent handouts, etc. can be purchased directly from Incredible Years www.incredibleyears.com.

Considerations for training

We recommend this training for workers with a background in either social work, psychology, counselling, nursing, teaching, occupational therapy, family therapy or child and adolescent psychiatry. A good understanding of parenting, child development and knowledge of group work processes will maximise this training experience. It is ideal to have two or more clinicians from each agency attend the training as the programme is designed to be led by two facilitators.



Tania Anstiss (Workshop Leader and Practise Advisor) **Incredible Years Parent Management Training, The Werry Centre for Child & Adolescent Mental Health/ Psychologist, Marinoto CAMHS Service**

Tania Anstiss has recently joined the Werry Centre Incredible Years Team as Practise Advisor. Her new role allows her to focus on providing peer coaching, supervision and training in Incredible Years. Tania is one of our initial group of Werry Centre trainees who achieved Accreditation in Incredible Years. She continues to work for her CAMHS service delivering Incredible Years groups and is also a busy mum with three children of her own. Tania has recently achieved her accreditation as a Peer Coach and is now working towards Mentor status.



Ingrid Altena (Project Manager) **Incredible Years Parent Management Training, The Werry Centre for Child & Adolescent Mental Health**

Ingrid is very passionate about the Incredible Years programme in her role as Project Manager for The Werry Centre. Her vision is to develop Incredible Years across all regions ensuring sustainability and fidelity in delivery. She is currently coaching a group of experienced Incredible Years group leaders through to Accreditation. Ingrid also keeps herself busy delivering Incredible Years groups in the community. She enjoys parenting her own three children who provide her with ample practise and learning opportunities.

For more information contact Ingrid: i.altena@auckland.ac.nz

For more information and registration, please visit our website
www.werrycentre.org.nz or contact
n.peeperkoorn@auckland.ac.nz



The Incredible Years Basic Parent Management Training Workshop

REGISTRATION FORM

Auckland

3-day Basic Parenting Programme

11, 12, 13 October 2010

Workshop Fee **\$450.00** GST Inclusive

Name: _____ Ethnicity: _____

Job Title: _____

Service/Organisation: _____

(Spaces are prioritised for applicants from CAMHS and NGO's.)

Email: _____

Please ensure that all persons, including the attendee, you wish to be contacted with confirmation of acceptance onto this course also have their email address written in this space. Only the email addresses provided here will be notified with confirmation.

Work Phone: _____ Mobile Phone: _____

Postal address: _____

Do you have any special dietary/mobility requirements? _____

Is your agency already delivering IYRs: Y / N

Does your agency support your ongoing development with planned Supervision for Incredible Years? _____

Do you have an Accredited group leader (or someone working towards Accreditation) working in your agency? Y/N

*As places are strictly limited, registration is **not** a confirmation of acceptance onto training. Registrations will be prioritized to clinicians who are already leading Incredible Years Parenting Programmes in their agency but have not completed the Basic Training. Applications close on 10th September 2010. Confirmation of placement on training will be sent the week following.*



**The Incredible Years Basic Parent Management
Training Workshop
BILLING / PAYMENT DETAILS
(MUST BE COMPLETED)**

**Auckland 3 Day Basic Parenting Programme
11, 12, 13 October 2010
\$450 (*GST inclusive*)**

(*Please note payment must be made before Enrolment can be completed. See terms & conditions*)

Name of Participant (s): _____

Position: _____

Service/Organisation: _____

Postal address: _____

Payment Details:

Cheque Credit Card
(Cheque Payable to Auckland UniServices Limited.)

Master Card Visa

Card Number: _____

Name of Card holder: _____

Expiry Date: _____ Signature: _____

This is a Tax Invoice when paid. GST No: 50-378-871 – Please keep a copy for your records. (Auckland Uniservices Ltd. Private Bag 92019, Victoria Street West, Auckland 1142)

Please send this completed Registration form including payment details to:

Email: n.peeperkoorn@auckland.ac.nz

Fax: 09 379 4034

Post: The Werry Centre for Child and Adolescent Mental Health
University of Auckland, Private Bag 92019, Victoria Street West,
Auckland 1142

Cancellation Policy:

If the workshop is cancelled due to lack of enrolments, a full refund will be given. Refund requests received more than one week before the workshop will be refunded in full, requests received less than one week will incur a 50% charge. No refunds will be made for non-attendance at the workshop.

Terms and Conditions:

1. Participants will not be registered unless advance payment is received.
2. Individuals registering for a course will need to make advance payment by cheque or credit card.
3. Registration and payment will be confirmed via email.
4. Should you have any queries please contact the Project Coordinator Nicola Peeperkoorn on Ph: 09 369 7325 to discuss.