

On-line Home Coaching Training Workshop Protocol
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Mentors and trainers will show all the PowerPoint slides in the home coaching on-line training protocol series. Some slides don't need much discussion and summary slides can be referred to on the web site for further reading and reflection. (Some slides are primarily to cue the trainer/mentor about an upcoming vignette or activity and are not included in the website version of the slides).

Note: This IY 2-day home coach parent training is only for participants who have been trained previously in Basic program and have had experience delivering the IY Program. The training builds on their prior group experience and training to transfer the IY principles to the home or clinic office setting in an individualized way.

The overall goal of this training is to focus more on the individualized one-on-one Incredible Years methods and processes. Further details of the IY content can be studied in the video program, leader manual and parent book. Often the collaborative processes, coached and individualized practices are harder to understand in a written self-study format so it is helpful to try to set up some practices on-line. I recommend that during the first session, the trainer focuses on reviewing key elements of being a home coach and setting up successful individualized sessions by assessing children's developmental level and parent and child goals and explaining how the IY Pyramid will address their goals. Here the participants may be put in role as parents and watch how you (as coach) model and handle their responses the video vignettes. Pause vignette often to have participants highlight the key coaching skills that you are modeling or put them in Zoom rooms to share what they have watched you demonstrate as a home coach. By the 2nd home coach training session, put the participants in role of IY home coach to plan the kind of questions to ask, how to pull out key principles and scripts from vignettes, how to tailor discussions and concepts to the family's culture, goals, and the child's development, how to respond to family resistance, and how to plan developmentally appropriate practices with toys and puppets and practice with the children. These activities are first modeled by you in the large group followed by Zoom room small group break out practices.

The home coach checklist will be used to let us know how much home coaching modeling you have done or how many Zoom practices you have set up for participants to practice. Every training will be tailored somewhat differently depending on whether participants have had much experience previously with delivering the group IY parent program. For highly experienced parent group leaders you will likely be able to ask them to model some home coaching skills even during the first training session. For those with less experience it will be important for them to see you or others model the skills first, debrief this and then gradually move them into thinking about questions they want to ask, how to draw out principles and how to set up and coach parent-child practices. As for the "in-person" training, we try to mirror as many of IY methods and processes on-line as possible.

In addition, you have some flexibility regarding when to do breakout Zoom rooms and when to do discussions and practices with the larger group. It is helpful to do at least 3 Zoom

room discussions or practices in each 3 -hour session. When sending participants to Zoom rooms have them identify the reporter each time who will summarize the key points discussed afterwards to the whole group. These can be put on the chat. Show participants how to save their chats on their computer. Zoom room small group sharing is rated very highly so don't hesitate to use them even if only for 2 minutes. I love sending them to discuss or practice something briefly with a leader to record. It is like speed dating and fun!

Please check the modeling or topics you conducted, the Zoom room experiences you set up for role play practices or brainstorm chats and the vignettes shown. I know that every training is different and tailored to group needs and experiences. It is not expected that everything will be checked!