ADHD Children’s Programme

Facilitator Training

This Facilitator Training for will take place over five morning sessions on zoom (9:15am-1:30pm) and will enable participants to use this programme with parents both in groups and individually and in online and face to face settings. In addition, it gives a structure and solution focused method for providing Individual Family Sessions to enhance family problem solving.

The training is interactive with lots of opportunities for participation and group learning. There are regular screen breaks and one longer tea break for 15 mins at 11/11.15am. For participants who have any particular learning needs that they would like to share with us, they are welcome to contact us before the training or let us know as we move through the modules.

See the breakdown of the structure and content of the training modules below, though the exact format of training will be tailored to the needs of the participants. To enhance learning participants may be invited to complete a short assignment between sessions.

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| **Module** | **Topics Covered** |
| **1** | Introductions and Programme OverviewSetting your Training Goals Background to programme, Research and Evidence base Navigating the Programme MaterialsBrief intro to the Strengths Based Model & Solution-focused Group Work ideas Understanding the original Parents Plus Children’s Programme formatUnderstanding the Parents Plus ADHD Children’s ProgrammePractice exercises (Small Group Work/Breakouts)  |
| **2** | **PP ADHD Facilitator Manual and Parent Book- ADHD topics:*** The experience of parenting a child with ADHD
* Understanding the challenges and strengths of ADHD
* Parent Self Care
* Understanding the emotional impact of ADHD
* Building Children’s Self-esteem and Friendships
* Talking About ADHD/Supporting Siblings/School and Homework
* The role of medication and other treatments

*Practice exercises* (Small Group Work/Breakouts)Preparation for Session Planning and Group Work facilitation/Delivery skills practice  |
| **3** | Planning a group session (Small Group Work/Breakouts)*Practice exercise*- Delivering a group session (Small Group Work/Breakouts)Dealing with challenges - group dynamics, complex and varying needs, time management and other topics arising |
| **4** | Running a Good Quality Programme - The PP Quality Protocol - gaining parent feedback and reviewing progress Problem Solving with ChildrenDemo Family Problem Solving structure*Practice exercise* - Family Problem Solving Session (Small Group Work/Breakouts)More on managing challenges - programme delivery in your service context |
| **5** | Working with Parents - Demo of Solution Focused Parent Consultation model*Practice exercise* - Pre programme meeting and Solution Focussed Goal Setting (Small Group Work/Breakouts)Skills of running groups from a solution-focused perspective‘Review of the Week’ section of the programme Practice exerciseInformation on Post training Supervision & the Parents Plus Accreditation ProcessDesigning and establishing parenting groups - Engaging and Recruiting parentsNext Steps |

A copy of both the ADHD Programme Manual and Parent Book are needed for the duration of the training. Full attendance at all modules is required for certification and we ask each participant to complete a feedback form at the end of each module. This feedback will help us fine-tune the training modules to ensure you get the most out of the Parents Plus training.

**Learning Outcomes** - By the end of this Training attendees will be able to:

1. Understand the core components of the programme topics and related exercises and gain practice skills in using the programme with parents, both in groups and individually and with families.
2. Demonstrate key skills in the strengths-based parent engagement model, facilitating solution-focused group work with parents, including engagement, retention and responding constructively to challenges.
3. Recognise and begin to address the factors that may support or hinder the implementation of the PPAP parent course in their local context.