



The Incredible Years® Group Leaders Training

In-depth discussion and training for group leaders in the empirically supported Incredible Years® programmes

**Parents and Babies
Programme
(ages 0-1 year)**

Date: 21, 22 May 2019
Time: 9am – 5pm

**Toddler/ Preschool/
School Age Programme
(ages 2 – 12 years)**

Date: 23, 24, 27, 28 May 2019
Time: 9am – 5pm

Venue: Morning Star Training Centre
Block 323B Sengkang East Way
#01-553 Singapore 542323

Register Early! Only 25 Participants Per Programme!

Registration:

Please contact Sarah at 62851377 or email training@morningstar.org.sg with the subject title “**IY Group Leaders Training**”

The Incredible Years® is an award-winning training programme, selected as a model programme by CSAP, and recommended by the American Psychological Division 12 Task Force.

Brought to you by:





About the Training

This 2-day training is designed for group leaders who plan to implement the Incredible Years® Parents and Babies Programme. This 9-session programme focuses on teaching parents how to provide nurturing parenting to babies including: offering physical, tactile, verbal and visual stimulation, coping with crying babies, safety proofing one's house, and understanding the developmental needs of babies.

Group therapy process issues such as empowering parents, collaborating, dealing with resistance, confronting and teaching, supporting and advocating for parents will be discussed. It is recommended (but not required) that group leaders have previously attended the 3-day Basic Incredible Years® Parent Group Leader Training.

Goals of the Training

The evidence-based programme trains social service professionals* on how to coach parents to:

- i. Help their babies feel loved, safe and secure
- ii. Encourage their babies' physical and language development

The training format fosters peer support networks and shared learning. Trained Incredible Years® facilitators use video clips of real-life situations to support the training and stimulate group discussions.

**Social Workers, Clinical Counsellors, Psychologists and Psychiatrists, Child Educational Therapists, Nurses, Teachers, School Counsellors, Family Life Educators, Early Childhood Educators, Occupational Therapists or Special Education Teachers*

Registration Information

Fee: \$592 per participant

Registration will only be confirmed upon receipt of completed registration form and full payment.

Register Early! Space is limited.

A 'Certificate of Attendance' from The Incredible Years® will be presented to participants after they completed the programme.

Closing Date: 15 April 2019



About the Training

The training will cover in depth the group-based BASIC Parenting Programmes, which are designed to promote positive parenting strategies and assist parents in managing children's behaviour problems. Three Incredible Years® Programmes are covered in the BASIC Training: Toddler Parent Programme, Preschool Basic Parent Programme and School Age Basic Programme.

Content includes: child-directed play, special time (play), academic, social, emotional and emotional coaching, praise and incentives, rules and responsibilities, predictable routines, limit setting, problem solving and ways to foster homework completion and after school monitoring.

Goals of the Training

The evidence-based programme trains social service professionals* on how to:

- Promote parent competencies and strengthen families
- Increase positive and nurturing parenting
- Reduce conduct problems in children
- Foster parent involvement in children's school experiences
- Coach parents and caregivers as they learn to promote school readiness skills in their children

**Social Workers, Clinical Counsellors, Psychologists and Psychiatrists, Child Educational Therapists, Nurses, Teachers, School Counsellors, Family Life Educators, Early Childhood Educators, Occupational Therapists or Special Education Teachers*

Registration Information

Fee: \$1,082 per participant

Registration will only be confirmed upon receipt of completed registration form and full payment.

Register Early! Space is limited.

A 'Certificate of Attendance' from The Incredible Years® will be presented to participants after they completed the programme.

Closing Date: 15 April 2019

Who Should Attend

Social Workers, Clinical Counsellors, Psychologists and Psychiatrists, Child Educational Therapists, Nurses, Teachers, School Counsellors, Family Life Educators, Early Childhood Educators, Occupational Therapists or Special Education Teachers

About the Trainer

Kimberlee Shoecraft has been a social services practitioner for more than 14 years and a Certified Mentor/Trainer for The Incredible Years® since 2009. She has facilitated parent groups, parent and infant groups and children groups for many years with high-risk populations. Kimberlee also provides training programs for social service professionals both in America and internationally.

Kimberlee has a B.S. in Sociology, Master's in Social Work and a Post Graduate Certificate Program in Psychological Trauma.

About The Incredible Years®

The Incredible Years® is a series of interlocking, evidence-based programmes for parents, children and teachers, supported by over 30 years of research. The goal is to prevent and treat young children's behaviour problems and promote their social, emotional, and academic competence.

The programmes are used worldwide in schools and mental health centres and have been shown to work across cultures and socioeconomic groups.

About Morning Star Community Services

Morning Star Community Services is a registered charity and Institution of Public Character (IPC) which aims to enrich and strengthen family relationships in Singapore. By empowering individuals and families, we strive to build vibrant communities that can make a difference to society.