

**ENCOURAGING RESILIENCE WITH FAMILY-CENTERED,
STRENGTHS-BASED SKILL BUILDING:
A TRAINING PROGRAM FOR CLINICIANS**



Easter Seals of Michigan

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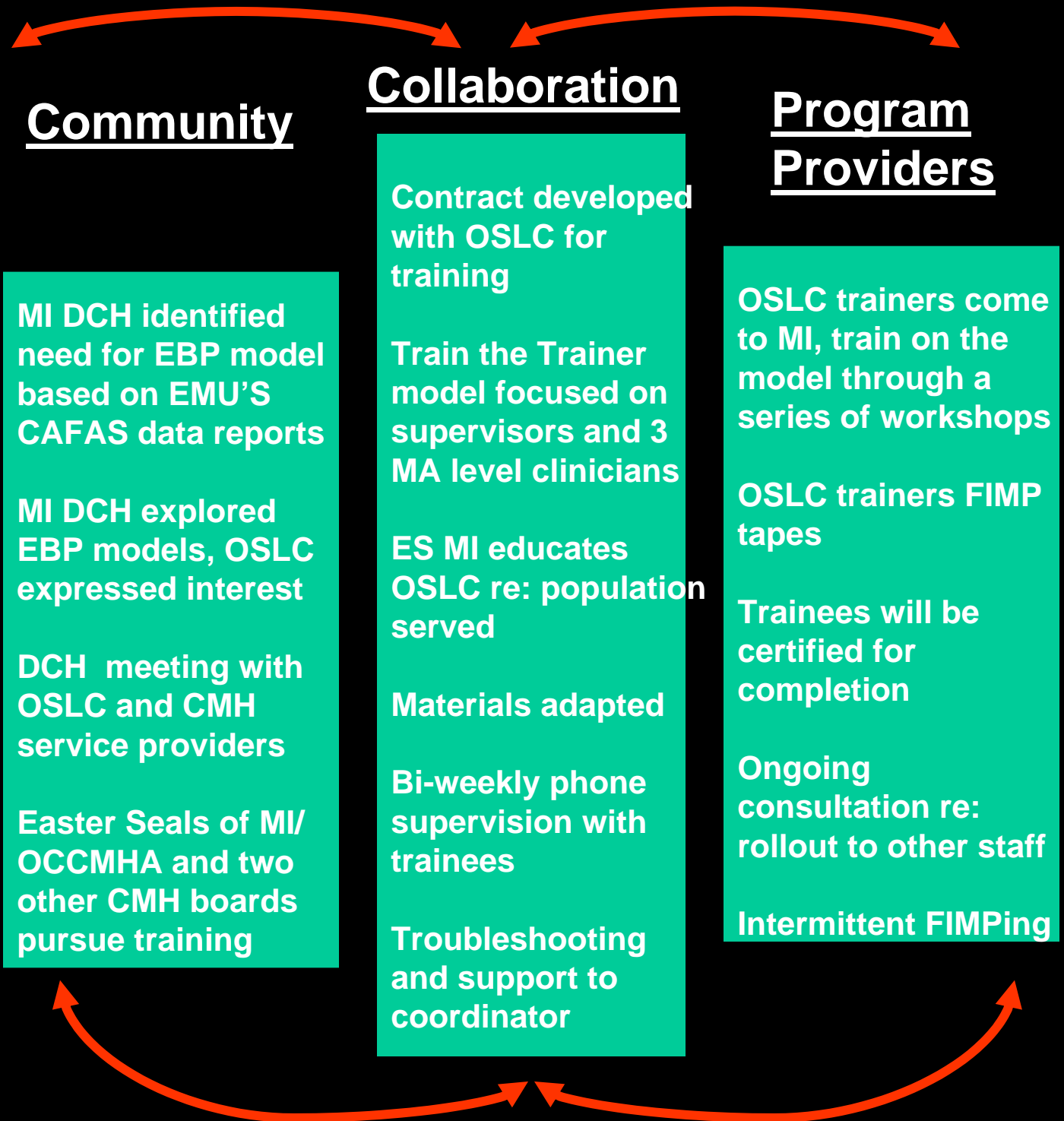
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A Dynamic Implementation Process



OSLC/ES of MI Implementation Process





PMTO TRAINING PROGRAM

Workshop days:

- 6 PMTO Workshops (3-4 days): 23 days total**
- 2 FIMP Workshops (2 days): 4 days total**

Direct Treatment of Families

- 3 training families**
- Videotape all sessions**
- Consultation on viewed sessions**
- Bi-weekly phone consultation**

PMTO CORE CHILD REARING STRATEGIES

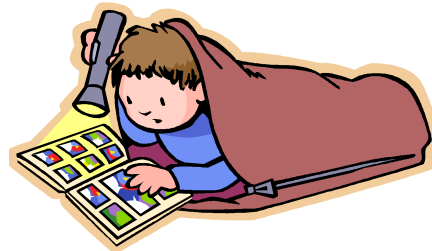


- SKILL ENCOURAGEMENT

- LIMIT SETTING



- MONITORING



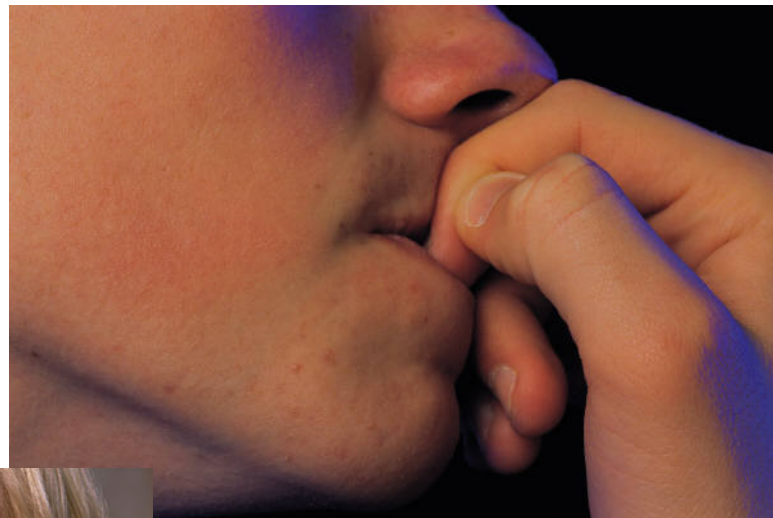
- PROBLEM SOLVING



- POSITIVE INVOLVEMENT



But I don't want to be
FIMPed!!



FIMP Dimensions Checklist

(Knutson, Forgatch & Rains, 2002)

Interventionist _____ Family # _____ Session # _____

Session Date _____ Rater _____ Rater Date _____

	Good work			Acceptable			Needs work		
PMTO Knowledge	9	8	7	6	5	4	3	2	1
Structure	9	8	7	6	5	4	3	2	1
Teaching	9	8	7	6	5	4	3	2	1
Process Skills	9	8	7	6	5	4	3	2	1
Overall Quality	9	8	7	6	5	4	3	2	1

FIMP Dimensions Checklist

Interventionist _____ Family # _____ Session # _____ Session Date _____ Rater _____ Rater Date _____

PMTO Knowledge

- Applies principles and model
- Understands core/supporting parenting practices
- Correct in technical details/procedures
- Demonstrates integration of PMTO tools

FIMP Dimensions Checklist

Interventionist _____ Family # _____ Session # _____ Session Date _____ Rater _____ Rater Date _____

Structure

- Follows an agenda
- Includes appropriate sections
- Manages orderly flow
- Gives appropriate attention to relevant dimensions
- Is responsive to family
- Maintains leadership
- Leads without dominating
- Makes good transitions
- Uses sensitive pacing and timing
- Sums up

FIMP Dimensions Checklist

Interventionist _____ Family # _____ Session # _____ Session Date _____ Rater _____ Rater Date _____

Teaching

Verbal

- Gives information/instructions
- Provides rationales
- Uses good PMTO raps
- Pinpoints

Uses variety of activities

- Balances verbal teach/active teaching
- Elicits goal behavior
- Engages family
- Integrates/weaves information
- Reviews material
- Assesses skills and fills in gaps
- Pre-corrects
- Breaks into teachable units
- Balances encouragement/correction
- Predicts problems
- Provides enough information
- Adjusts PMTO tools to family
- Punctuates

Use of role play

- Sets up:
- Provides enough information
- Models/demonstrates
- Capitalizes on opportunities:
- Conducts sufficient number/range

FIMP Dimensions Checklist

Interventionist _____ Family # _____ Session # _____ Session Date _____ Rater _____ Rater Date _____

Process Skills

Uses questioning process

- Prevents/manages resistance
- Prevents/manages conflict
- Maintains balance
- Promotes united approach
- Focuses on encouragement/support
- Connects with storyline

Uses variety of tools

- Normalizes
- Interpret/reframes
- Metaphors
- Mirrors/matches
- Strategic warning
- Takes responsibility
- Paraphrases/summarizes
- Humor
- Paradox
- Reflects
- Supportive interrupts
- Keeps contact
- Movement

Use of role play:

Sets up:

- Directs what to do

Conducts:

- Engages family
- Models/prompts/coaches/ Theatrical
- Breaks into small steps/chunks
- Uses movement

Debriefs:

- Balances encouragement/correction

- Weaves instructional material

Capitalizes on opportunities:

- Moves smoothly/timing/pacing

FIMP Dimensions Checklist

Interventionist _____ Family # _____ Session # _____
Session Date _____ Rater _____ Rater Date _____

Overall Quality

- Demonstrates knowledge of PMTO
- Performance on PMTO dimensions
- Accomplishment of goals
- Likelihood family will use
- Family's satisfaction, will come back
- Difficulty of family/situation

VALUE OF IMPLEMENTATION MODEL

ABILITY TO MEASURE:

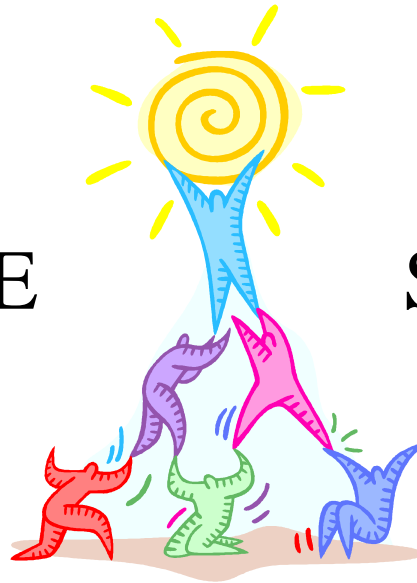
- THERAPISTS' SKILL DEVELOPMENT
- ONGOING ADHERENCE TO EVIDENCE BASED MODEL
- TRAIN THE TRAINER DISSEMINATION MODEL

Lessons Learned....

COMMITMENT

BALANCE

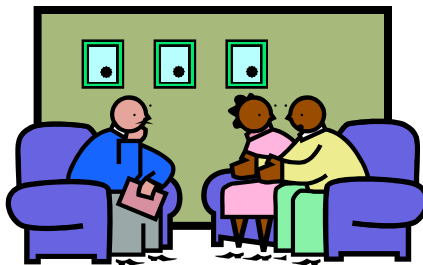
SUPPORT



EXPERTISE

ULTIMATE OUTCOME:

SKILLED THERAPISTS



SKILLED PARENTS



SKILLED CHILDREN

