

Incredible Years Basic Parent Training

Proven Outcomes

Prevention Model: Parents show increased positive parenting, effective limit setting, and decreased harsh discipline. Children show reductions in aggressive behavior problems and increases in child social competence.

Intervention Model: Similar outcome to the prevention model with the addition of decreased parental depression and reduction in children's clinical symptoms.

"At least 66 percent of children previously diagnosed with Oppositional Defiant Disorder/Conduct Disorder (ODD/CD) whose parents received the parenting program were in the normal range at both the one-year and three-year follow up assessments."

[Incredible Years Fact Sheet](#) from the IYS website, developer Dr. Carolyn Webster-Stratton.

Population

Parents of children ages three to 12 who are experiencing behavior problems at home and/or school. Parents of children who have been clinically diagnosed with Oppositional Defiant Disorder and/or ADHD should receive the 20 week intervention model.

Structure

Parents attend once per week and begin by sharing a light meal. They then meet privately for the group. Any children present are welcomed into childcare. Including the meal, the program runs for approximately two and a half hours. The program runs from 14-20 weeks depending on the age group of the focus children and their needs.

Philosophy

The Incredible Years empowers parents to improve their children's behavior by using video vignettes and role-plays to help them learn key concepts such as healthy limit setting, praise, and child lead play. Facilitators work hard to keep groups strengths based. Parents are then encouraged to take responsibility for setting goals and practicing the skills at home.

Facilitator & Staff Requirements

- **Facilitators:** Two trained facilitators are required. It is recommended that one facilitator be a masters level professional counselor or social worker.
- **Training:** Initial training is three days in length. Follow-up training consultation days and phone calls with the developer are recommended. Regular videotaping of sessions is suggested for reviewing quality of implementation and allowing facilitators to progress toward certification.
- Child Care Providers

Supplies

- IYS Basic Curriculum (Facilitator Manual, DVDs, Teaching Materials)
- A TV or LCD projector to show vignettes to children and parents
- Parenting books (one per parent)
- Meals and Incentives
- Video camera (with good external microphone) and tripod

For More Information: www.episcenter.psu.edu/ebp/incredible or www.incredibleyears.com

This resource was developed by the EPISCenter through PCCD grant VP-ST-24368. The EPISCenter is a project of the Prevention Research Center, College of Health and Human Development, Penn State University, and is supported by funding from the Pennsylvania Commission on Crime and Delinquency and the Pennsylvania Department of Public Welfare.

