

The Incredible Years Series offers sessions for parents and children weekly for 20 weeks

Session 1:	Parent Training:	Introductions, goals, & child-directed play
	Child Training:	Making new friends and learning school rules, Pt. 1
Session 2:	Parent Training:	Child-directed play
	Child Training:	Making new friends and learning school rules, Pt. 2
Session 3:	Parent Training:	Academic and persistence coaching, Pt. 1
	Child Training:	Understanding feelings, Pt. 1
Session 4:	Parent Training:	Academic and persistence coaching, Pt. 2
	Child Training:	Understanding feelings, Pt. 2
Session 5:	Parent Training:	Social and emotional coaching, Pt. 1
	Child Training:	Understanding feelings, Pt. 3
Session 6:	Parent Training:	Social and emotional coaching, Pt. 2
	Child Training:	How to do your best in school, Pt. 1
Session 7:	Parent Training:	The art of effective praise and encouragement
	Child Training:	How to do your best in school, Pt. 2
Session 8:	Parent Training:	Motivating children through incentives, Pt. 1
	Child Training:	How to do your best in school, Pt. 3
Session 9:	Parent Training:	Motivating children through incentives, Pt. 2
	Child Training:	Problem solving, Pt. 1
Session 10:	Parent Training:	Establishing routines and household rules
	Child Training:	Problem solving, Pt. 2
Session 11:	Parent Training:	Effective limit setting
	Child Training:	Problem solving, Pt. 3
Session 12:	Parent Training:	Follow through with commands
	Child Training:	Anger management, Pt. 1
Session 13:	Parent Training:	Ignoring children's inappropriate behaviors
	Child Training:	Anger management, Pt. 2
Session 14:	Parent Training:	Time out to calm down
	Child Training:	Problem solving, Pt. 4
Session 15:	Parent Training:	Time out for aggression and non-compliance
	Child Training:	How to be friendly, Pt. 1
Session 16:	Parent Training:	Natural and logical consequences
	Child Training:	How to be friendly, Pt. 2
Session 17:	Parent Training:	Teaching children to problem solve, Pt. 1
	Child Training:	How to be friendly, Pt. 3&4
Session 18:	Parent Training:	Teaching children to problem solve, Pt. 2
	Child Training:	How to talk to friends, Pt. 1
Session 19:	Parent Training:	Review of adult problem solving
	Child Training:	How to talk to friends, Pt. 2
Session 20:	Parent Training:	Review and Graduation
	Child Training:	Review and Graduation



For more information
please call
221-8004

The Incredible Years
A Hempfield Behavioral
Health, Inc.

BENEFITS OF AGGRESSION REPLACEMENT TRAINING

Evidence Based Program Supervision & Model Fidelity by Developer

Time Limited

Established Model

Cost Effective

The Incredible Years Programs

The Incredible Years series is an evidence-based intervention recognized through the *Blueprints for Violence Prevention* and SAMHSA model programs.

Programs for children ages 3-11

- Emotional literacy
- Empathy
- Perspective talking
- Friendship and communication skills
- Anger management
- Interpersonal problem solving
- School rules
- How to be successful at school

Programs for Parents:

- Positive nurturing parenting
- Reducing critical and ineffective discipline approaches
- Problem solving
- Anger management and communication skills
- Family support and school involvement
- Collaboration with schools
- Increased involvement in academic related activities at home

Incredible Years series is a cost-effective, time-limited proven program for young children with early on-set conduct problems.

Referral Behaviors:

Attention Deficit Hyperactivity Disorder	Non-Compliance
Attention Deficit Disorder	Aggression
Oppositional Defiant Disorder	Peer Rejection
Conduct Disorder	Violating Rules

The Incredible Years Small Group Therapy is conducted internationally with proven results for the past 30 years.

The curriculum consists of 20 weekly two-hour sessions. Each group can serve between 6-8 children. Each session is led by a master's level therapist paired with a trained paraprofessional who is there to assist with group dynamics and management.

Treatment integrity is monitored through session-by-session protocols and unit checklists completed by therapists as well as by supervisor and expert video-tape reviews.

The Incredible Years Series is an evidence-based approach to dealing with conduct problems that directly teaches children in social skills, problem solving, and anger management. An approach that address the complex interplay of feelings, thoughts, and behaviors at a strategic time to intervene directly with children who display early on-set conduct problems before negative behaviors become a life-long pattern, can help children develop effective social repertoires.

These newly acquired skills allow formerly conduct disordered children to be effective, develop healthy peer relationships, and do well in school.

The parenting program is recommended by the American Psychological Association Task Force as meeting the stringent criteria for empirically supported mental health interventions for children with conduct problems.

To Register Call

221-8004

Or email referrals to

hbhservices@gmail.com