

## **Skillstreaming\* Training of Trainers\*\***

Adolescent, Elementary, Early Childhood and Autism versions

Behavioral Institute for Children and Adolescents

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This course is intended for individuals who have experience using the Skillstreaming curriculum (any level) and seek to provide staff training at the local agency or school district level. Individuals who do NOT have experience with the curriculum should not apply.

### **Objectives and Content:**

This workshop will briefly discuss the scope of challenging behavior among children, and provide participants with background and rationale for teaching prosocial skills with the Skillstreaming curricula as one essential component of prosocial development.

### **Participants will learn:**

A model for understanding behavioral/social deficiencies;  
A framework for psychological skills training;  
The Skillstreaming curriculum;  
How to run training groups;  
How to deal with resistance;  
How to enhance generalization of learned skills;  
How to develop an implementation plan; and  
Helpful supplemental resources.

\* Skillstreaming [the Adolescent, the Elementary School Child, in Early Childhood, Autism,] from Research Press.

### **Practitioners must demonstrate substantial proficiency to be eligible to be a trainer.**

Substantial proficiency requires that the following conditions be met:

1. Comprehensive clinical training and supervision in group facilitation.  
Participation in initial 3-day clinical training
2. Knowledge of the theoretical foundations of psychological skills training –aka CBT
3. Experience leading or co-leading groups.
4. Knowledge of all related Skillstreaming resources
5. Demonstrated model adherence (fidelity).
6. Knowledge of adaptations for different developmental levels of students
7. Knowledge of adaptations for student with different disabilities.
8. Knowledge and skills to work with adult learners.

## Agenda

### Day One

#### Introduction

- factors contributing to challenging behavior
- theoretical foundations of psychological skills training
- learning based interventions

Instruction and demonstration on using the *Skillstreaming* curricula

Rehearsal (Role Playing) - *Skillstreaming* training with debriefing

Assurance of Fidelity

Skillstreaming supplemental resources

#### Q & A

### Day Two

Review of day one – quick write

Rehearsals continued – proficiency development

Skillstreaming with different populations – early childhood, autism

Skill sets - sequences

Assurance of Fidelity

Transfer and Maintenance - generalization

#### Q & A

### Day Three

#### Review

Rehearsals – final round – Fishbowl

Working with groups

Management of Behavior Problems

Related psychological skills curricula

Fitting Skillstreaming in the pyramid of intervention including classroom and school-wide

Developing Implementation Plans

Working with Adult Learners

#### Q & A

\*\* Note: This agenda is tentative and subject to modification.