

## Facilitator Trainings and Pricing Options

Parents Plus Charity  
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Parents Plus is an Irish charity that develops practical, evidence-based parenting and mental health programmes. We train professionals working with children and families to deliver the programmes in communities and clinical settings.

There are now five flagship Parent Plus Programmes, each with its own facilitator training. The training provides instruction in the use of the Programme Materials, guides the professional through the process of running the Parents Plus Programmes and shows how to utilise the *Parents Plus Quality Protocol* to gain the best outcomes for parents. For a list of professions who may participate in Parents Plus Programmes see our website [www.parentsplus.ie](http://www.parentsplus.ie)

### Parents Plus Early Years Programme

An evidence-based parenting course promoting confidence, learning and positive behaviour in young children aged 1 to 6 years.

#### Pricing

- 3 day Training and Programme Materials – €730
- 3 day Training Place only (for those using previously purchased programme materials or sharing a set of programme materials with another trainee) – €430
- To order training materials only outside of training - €500
- Parents Booklets – pack of 15 parent booklets that can be used afterwards with parents groups and includes worksheets and handouts – €120.

### Parents Plus Children's Programme

An evidence-based parenting course promoting confidence, learning and positive behaviour in children aged 6 to 11 years.

#### Pricing

- 3 day Training and Programme Materials – €730
- 3 day Training Place only (for those who wish to re-use previously purchased programme Materials or are sharing one set of Programme Materials with another trainee) – €430
- To order training materials only outside of training - €500
- Parents Booklets – pack of 15 parent booklets that can be used afterwards with parents groups and includes worksheets and handouts – €120.

### Parents Plus Adolescent's Programme

An evidence-based parenting course promoting effective communication and positive relationships in families with adolescents aged 11 to 16 year.

## Pricing

- 3 day Training and Programme Materials – €730
- 3 day Training Place only (for those who wish to re-use previously purchased programme materials or are sharing one set of programme materials with another trainee) – €430
- To order training materials only outside of training - €500
- Parents Booklets – pack of 15 parent booklets that can be used afterwards with parents groups and includes worksheets and handouts – €120.

## Working Things Out Programme

An evidence-based CBT programme for adolescents (aged 11 to 16) promoting positive mental health and teaching coping skills to overcome specific problems.

## Pricing

- 2 day Training and Programme Materials – €590
- 2 day Training Place only (for those who wish to re-use previously purchased programme materials or are sharing one set of programme materials with another trainee) – €290
- To order training materials only outside of training - €500

## Parenting When Separated

A practical and positive evidence-based course for parents who are preparing for, going through or have gone through a separation or divorce.

## Pricing

- 2 day Training and Programme Materials – €490 (facilitator manual and parent booklet only, no DVD with this programme)
- 2 day Training Place only (for those who wish to re-use previously purchased programme materials or are sharing one set of programme materials with another trainee) – €290
- Parents Booklets – pack of 15 parent booklets that can be used afterwards with parents groups and includes worksheets and handouts – €120.

## Parents Plus Supervision

Parents Plus provide post training supervision and support to support professional practice and to ensure facilitators deliver the programmes in a quality way. See website for current dates.

- **Individual supervision €60 (1 hour)**
- **Group Supervision Workshop €60 (3 ½ hours)**

## Parents Plus Accreditation (using the Parents Plus Quality Protocol)

All trained facilitators can undertake (Accreditation) in a programme post-training. This involves attending at least 4 supervisions and submitting a portfolio for review (cost €200)

**The Accreditation Package includes four (group or individual) sessions and accreditation submission with portfolio review for the discounted price of €350.**

## Family Sessions Training

For previously trained facilitators, Parents Plus provide a one day advanced training in delivering family problem solving sessions to support delivery of the Parents Plus Programmes. This training is particularly recommended for PPCP, PPAP and WTO facilitators.

**Pricing:** €100