Working Things Out Programme

Facilitator Training

This training for professionals takes place over three morning sessions on zoom (9.15 am to 1.30pm). The facilitator training equips participants to use the Working Things Out programme with young people in group and individual session contexts. The facilitator training is interactive with lots of opportunity for participation and group learning. If you have any particular learning needs that you would like to share with us, you are welcome to contact us before the training or let us know as we move through the modules. There are regular screen breaks during the modules. See the outline below for a breakdown of the structure and content of the training modules, though the exact order will be tailored to the needs of the participants.

### Module 1

* Intro to training and programme – background, evidence base, structure of programme, getting started with the Working Things Out DVD stories.
* Using the programme materials in individual work with young people
* Break out groups practice exercise based on Sam’s story ‘About Bullying’
* Solution focused/strengths-based engagement skills
* Using the material to work with specific Mental Health topics – Anxiety, Depression, Self-harm.

### Module 2

* Intro to the Working Things Out CBT groupwork session content
* Break out groups for Session Planning groupwork programme sessions.
* Group session delivery practice exercises
* Review of facilitation skills/strengths-based group work & Pre-group session

### Module 3

* Working Things Out Quality Protocol – participant feedback and reflective practice model.
* The CBT model and worksheets
* Structure and material for Family Problem Solving Approach
* Demo and Breakout practice on Family Problem Solving coaching session
* Getting the programme up and running either individual delivery or groups. Preparation and parental consent. Managing challenges

A copy of the Working Things Out Facilitators Manual is required for the duration of the training. Full attendance at all 3 modules is required for certification and we ask each participant to complete a feedback form at the end of each module. This feedback will help us fine-tune the training modules to ensure you get the most out of the Parents Plus training.

**Learning Outcomes -** by the end of the WTO Facilitator Training attendees will:

1. Understand the core components of the Working Things Out programme including the 8 session CBT based groupwork content, the DVD stories of young people coping with Mental Health challenges and related worksheets.
2. Become familiar and gain practice in how the programmes is used in groups and individually with young people.
3. Demonstrate key skills in the strengths-based engagement model, facilitating solution-focused group work with young people, including engagement, retention and responding constructively to challenges.