



Treatment Parent Training Curriculum
& Trainer Certification Program

R PRESSLEY
R RIDGE
All Children. Always.

Curriculum Overview

The following is a summary of each of the units contained in the **Pressley Ridge Treatment Parent Training**. The summary is in the form of critical questions that you can expect your parents to answer at the conclusion of each unit.

Unit 1: Introduction to Treatment Foster Care

- What are the purpose, goals and expectations of the training?
- What is the history and purpose of treatment foster care?
- What are the core elements of treatment foster care and where does it fit in the continuum of services for troubled children?
- How does treatment foster care differ from traditional or regular foster care?
- What do we mean by “permanency planning”?
- What are some of the realities and challenges of being a treatment parent?

Unit 2: Professional Parenting I

- What does it mean to be a “professional parent”?
- What are the key behaviors and characteristics of professional treatment parents?
- What are some of the challenges for treatment foster families?
- What are some of the “sticky situations” that foster families might experience, and how should we handle them?
- What level of supervision should parents provide children?
- What is a Family Policy and why are they important for foster children?
- What is a Sexual Safety Contract? How does it maintain safety in our relationships?
- What is my role as an advocate for children in my care?

Unit 3: Professional Parenting II

- What exactly are my roles and responsibilities as a treatment foster parent?
- Are there paperwork requirements or documents that I need to complete?
- What type of support will I receive from others?
- What are the legal obligations and expectations of a treatment parent?
- What about correcting misbehavior – can I discipline as I do/would my own children?
- How do I respond to allegations of abuse? What if a child shares secrets of abuse?
- What is my role as a member of the agency’s treatment team?

Unit 4: Understanding Childhood Development I

- What do I need to know about child and adolescent development?
- How should I respond to developmental needs and behavior challenges?
- What affect does childhood trauma have on children and their development?
- How do I support a child with a history of traumatic experiences?
- What do I need to know and understand about sexual abuse?

Unit 5: Understanding Childhood Development II

- What are neurodevelopment disorders and how do they affect treatment foster children?
- What are some of the common psychiatric diagnoses of children in care today?
- What are some skills and techniques I can use to support children with some of the most common psychiatric diagnoses?
- Will my foster child have a psychiatric diagnosis and be on some special medication? What do I need to know and do regarding medication?

Unit 6: Developing Healthy Relationships

- How do I go about forming a relationship with my foster child? What can I expect?
- What influence does a child's separation from his/her parents have on their new relationship with the foster parents?
- How can I demonstrate respect for the child's biological family? What are some ways that I can include a child's cultural background into my home?
- How can I promote attachment and build a positive relationship with my foster child?

Unit 7: Therapeutic Communication

- What is therapeutic communication and how does it differ from typical parental responses?
- How can I communicate in a way that builds relationships?
- How can I listen so that children will talk? What is active listening?
- How can I communicate in a way that helps children manage their feelings, behavior and solve problems?
- How can I use non-verbal communication effectively with children?
- What are the components to therapeutic communication?

Unit 8: Understanding Behavior

- Why do children behave that way, and what can we do about it?
- How do children learn to behave?
- What is the difference between natural and imposed consequences?
- What are the criteria for selecting a child's behavior for change?
- How can I manage my own feelings while teaching a child to behave appropriately?
- Discipline versus punishment – what's the difference?

Unit 9: Changing Behavior

- What parenting skills do I need to influence a child's behavior?
- What is a behavior motivation system? Do they really work?
- What are behavior contracts, and how can they help change behavior?
- What behavior support and discipline strategies do professional treatment parents use to promote positive behavior change?

Unit 10: Skill Teaching

- What if a child is able but not willing to behave appropriately?
- How do I know when and what to teach? Is there a criterion for deciding?
- What does skill teaching look like? Are there steps I can follow to teach a child positive behaviors?
- Why is it important to focus on a child's personal strengths?

Unit 11: Conflict Resolution

- What kind of conflict might I experience as a treatment parent?
- Can conflict be healthy and constructive?
- What approaches can I use in responding to conflicts?
- Is there a technique or steps that I can follow to resolving conflict?

Unit 12: Understanding & Managing Crisis

- What is a crisis? What does a crisis look like in treatment foster care?
- What are the main objectives for a treatment parent in response to a crisis?
- How can my understanding of the Crisis Cycle and Stages help me manage my response to children in crisis?
- What are some early prevention techniques that I can use to prevent a crisis?
- How can I help turn a crisis into a learning opportunity?

The Treatment Parent Training Curriculum and Trainer Certification Program

About the Curriculum

The Pressley Ridge Treatment Parent Training Curriculum is a competency-based program designed to ensure a high standard of excellence in services for children in foster care. It is designed for trainers and program managers in the field of treatment foster care. The curriculum reflects many years of research, writing, and experience; it is one of the most comprehensive training packages available to treatment foster parents today. Our curriculum is currently listed on California Evidence Based Clearing House and we continue to provide reasons to improve our EUIP status.



Flexible Design and Delivery

The curriculum units are presented in sequential order, but its modular design provides maximum flexibility for trainers to select any combination of units for a more customized series based on agency needs. Each unit takes approximately 3 hours to present, which is ideal for evening and/or half-day weekend sessions.

Multimedia and Instructional Design

The design of the curriculum includes a variety of teaching methods, including structured presentations by the trainer, experiential activities, group discussions, and skill practice exercises.

The integrated multimedia resources will enhance learning and skill transfer. These include PowerPoint slides that capture the main learning points and video vignettes that demonstrate the therapeutic skills taught during training.

The participant Parent Training Manual contains reading material, worksheets, pre and post tests, and other resources to help reinforce learning before, during, and after training.

Training Certification Program

The certification program is four days of training for trainers in the Pressley Ridge Treatment Parent Curriculum. After completion, participants will leave with the full curriculum package and be well on their way to delivering each of the 12 training units to their agency's treatment foster parents. The certification program includes extensive instruction on:

- The Treatment Parent Curriculum content – 12 training units
- Effective use of the curriculum's integrated PowerPoint and video technologies
- The Trainer Resource Manual and flash drive
- Basic trainer presentation and group facilitation skills

The purchase price of the curriculum package includes registration for one person to attend the four-day Trainer Certification Program.

(Refer to the registration form for current pricing and training certification dates)

The Curriculum Package

Trainer Resource Manual

This comprehensive manual contains everything a trainer needs to deliver more than 30 hours of training for treatment foster parents. The Trainer Resource Manual contains:

- **Fully Scripted Curriculum** – 12, 2½ to 3-hour training units, all consistently formatted for easy reference to what a trainer needs to say or do to facilitate instruction throughout the training.
- **Introduction Section** – an overview of the entire curriculum, including a complete listing of the core competencies of each training unit.
- **Trainer Resources Section** – a special section containing both trainer tips and various work tools for organizing and preparing for training and tracking participant progress.



Parent Training Manual

The Parent Training Manual is an invaluable resource that captures the core competencies of effective treatment parenting. Organized in 12 units, the participant manual contains the essence of the course content in the form of summary readings, case examples, job aids, and worksheets to reinforce the transfer of learning into everyday practice. All 12 units are translated into Spanish and included!

Trainer Resources Flash Drive

This flash drive features several multimedia files to customize your training and enhance learning.

It includes:

- **PowerPoint Presentation Files** – more than 250 professionally designed PowerPoint slides, and optional handouts, conveniently organized by training unit.
- **Reproducible Parent Training Manual** – formatted in Adobe Acrobat (pdf) for easy printing, each of the 12 units are available for limited reproduction and distribution.
- **Trainer Resources** – a selection of customizable work tools from the Trainer Resource Manual for organizing and tracking participant progress.



Spanish Translation (New)

The Parent Training Manual and all 12 corresponding PowerPoint presentation files have been translated into conversational Spanish and are included with each curriculum purchase.

Skill-Building Videos

Over one hour of training video in over 50 individually selectable segments incorporated throughout the curriculum. Each video segment demonstrates the correct or incorrect application of one or more of the therapeutic communication skills taught in the training.

Experience the Benefits



For more than 180 years, Pressley Ridge has been helping children find joy in life, develop competence, and become successful in their communities. Our Treatment Foster Care Services are built on the principles of Re-Education. Re-ED focuses on the strengths of each child and family, and maintains that competence and self-control can be taught, and the development of trusting relationships with caring, committed adults is the most significant factor in turning around the lives of troubled and troubling children.

Since 1981, Pressley Ridge has successfully provided individualized treatment for children within the homes of professionally trained treatment foster parents. Now, your agency can deliver the same competency-based training curriculum to your foster parents and begin to experience the benefits of our systematic developmental approach.

Get these results . . .

- Measurable treatment parent competencies
- Set of core values and guiding principles
- Common language and identity
- Unified program philosophy and practices
- Clear training objectives and requirements

For more information, contact:

Pressley Ridge Institute
(412) 872-9446
MKaelin@PressleyRidge.org
www.PressleyRidge.org

P PRESSLEY
R RIDGE
All Children. Always.