INTRODUCTION
For over a decade in Los Angeles County, Mindful Parenting Groups (MPG) have provided a hands-on, relationship-focused approach to the prevention of psychopathology and maltreatment in early childhood. In an intimate group setting, MPGs bring together infants, toddlers or preschoolers at-risk for insecure or disorganized attachments, along with their parents, for the express purpose of promoting childhood attachment security. MPGs are designed to target parental reflective functioning (RF) with at-risk and underserved populations, including birth parents with child welfare involvement; families foster-to-adopting through the child welfare system; teen parents; and families with a history of loss, trauma, and/or perinatal mood or anxiety disorders.

MPGs are facilitated by infant/early childhood mental health professionals and are designed for parents and their young children, ages 3 months to 3½ years. Children are grouped developmentally, with no more than six months’ difference in age between children in any one MPG. This is a crucial point, as this closeness in age allows the children’s development to ‘write the curriculum’—that is, parents learn to closely monitor and observe their children’s development-driven areas of interest and challenge, moment by moment. MPGs provide an engaging group environment that allows parents to slow down, reflect, and practice mindful observation—about their own emotional experiences as well as those of their young children.

Each group time consists of three primary components that support growth of parental RF:

- **Mindful Observation**—supporting development of mindful attention to behavior and mental states
- **Facilitation of Social Interactions**—modeling of flexible, responsive, respectful parenting practices
- **Reflection**—enhancing parent’s reflection on the meaning behind child’s behaviors, and their own

Weekly group meetings commonly address practical concerns around behavioral, social, and emotional issues, such as sleeping, eating, motor development, social interactions, separations, fears, tantrums, and other challenges typical of young children, that may be exacerbated in those exposed to high family stress or trauma. MPGs also provide parents with opportunities to reflect on parenthood as well as the impact of their own early relationship experiences. For older toddlers, a group snack and circle time with songs and finger-plays is added, providing opportunities for children to participate in a preschool-readiness activity at their own pace, experiencing the joys and challenges of navigating structure and turn-taking.

In 2010, Mindful Parenting Groups were qualified by California Institute of Mental Health as a Community Defined Evidence (CDE) group model for Prevention and Early Intervention. In 2011, L.A. County Department of Mental Health approved MPGs as a billable CDE.

There are three Levels of MPG training for agency staff:

- **Level 1: Introduction to MPG Facilitation**
  - Participants gain theoretical understanding and an introduction to the core components of the model
Level 2: MPG Facilitator Training

- Level 1 graduates train to become MPG Facilitators by participating in a 30-week, two-part group facilitation and supervision process

Level 3: MPG Supervisor Training

- Selected MPG Level 2 graduates train to become MPG Supervisors by replicating Level 2 within their agency while under concurrent supervision of a CRP MPG Trainer
- Level 3 Supervisors support long-term MPG sustainability and reduce costs by allowing agencies to conduct future Level 2 trainings in-house

MPG LEVEL 1: Introduction to MPG Facilitation

MPG Level 1 Intro Training consists of:
Two training days with lecture, video, interactive discussion.
(12 CE credits available for CA licensed psychologist, LCSW’s, LMFT’s, and RN’s)

Level 1 Participant Limits:
Up to 27 participants and three auditors may attend. For every 3 participants an agency sends to a multi-agency Level 1, they may send one auditor. Auditor spaces are available on a first-come, first-served basis for multi-agency Level 1 trainings, so that non-clinical administrators may attend, if desired. For MPG Level 1 training hosted by one agency, up to 3 auditors total may be included.

MPG Level 1 Prerequisites:
Licensed or (agency supervised) pre-licensed mental health professionals, with infant/early childhood experience.

Total # of Level 1 Training Hours: 2 full days; 12 training hours.

FEES:  
CRP Hosted Rate—$450 per attendee (participant or auditor) for a CRP-hosted training in Los Angeles, CA ($405 Early Bird Rate up to one month prior to training)
Agency Rate—$8000 for an agency-hosted training (max. of 27 participants plus 3 auditors) in Southern California
For information on Level 1 training rates for sites outside of Southern California, please contact info@reflectiveparenting.org.

MPG LEVEL 2: Facilitator Training

MPG Level 2 training begins with two Pre-Implementation Meetings for Agency administrators and clinical staff responsible for program outcomes. Facilitator-trainees then participate in the Parent Development Interview (PDI) training, which is followed by the 12-week MPG Demonstration Group and then the 18-week Facilitator-trainee led MPGs.

Administrative Pre-Implementation Meeting (2-hours):
- Meeting with Agency staff responsible for program outcomes, to be held at least 2-3 months before anticipated start of MPGs
- Review model & training protocols, implementation plans, selection of Facilitator-trainees, and sustainability considerations.
- Most parent groups require at least 2-3 months of preparation after the Administrative Pre-Implementation Meeting in order to be trained in the Parent Development Interview and assemble prospective parent group members.

**Clinical Pre-Implementation Meeting (3-hours):**
- Site visit and review of space/equipment needs for groups
- Meeting with Agency clinical staff responsible for program outcomes
- Review of Agency plan, identify strengths & challenges, discuss scheduling & supervision formats, review crisis protocols, and training of OTIS (Online Training Integration System). OTIS is a web-based data collection system that was created specifically for CRP’s trainings. It is a secure, encrypted, HIPAA compliant system that integrates various aspects of the trainings (i.e. submission of video recordings, meeting deadlines, and data collection) for a streamlined experience.
- Timing of this meeting is flexible, but should occur soon after the Administrative Pre-Implementation Meeting and before the PDI training. This Clinical Meeting may also be scheduled on the same day as the PDI Training, if schedules permit. If both occur on the same day, it is highly recommended to schedule the Clinical Meeting/PDI Training at least 2 months prior to the anticipated start of the parent workshops.

**Parent Development Interview (PDI) Training (1.5 hours):**
Training to utilize the Parent Development Interview (PDI) for intake assessment and outcome evaluation of parental reflective functioning. The PDI is used as a clinical screening tool and means to introduce and engage parents in the MPG model.

**Additional Pre-Implementation considerations:**
During the Level 2 training, agencies must be prepared to offer at least one extended (30 weeks) or two time-limited (12 weeks and 18 weeks consecutively) Mindful Parenting Groups during a 12 month period within their clinical populations. This requires careful agency consideration of the numbers of prospective participant families with infants/toddlers in a tight developmental cohort. Children are grouped developmentally in MPGs, with no more than 4-6 months difference in age between infants and toddlers, or 6-8 months difference between preschoolers, in one given group.

Most groups require at least two to three months of preparation to assemble prospective families, with four to six families participating within one group. It is recommended that agencies plan for an initial Level 2 MPG training cohort with infants roughly between 8 and 14 months of age. This allows for a training experience that will encompass serving pre-mobile or newly mobile infants and extend to serving mobile toddlers. (Note: For agencies that will not be serving infants at all in MPG groups, and that choose to offer MPG groups only to older toddlers, the initial Level 2 MPG training cohort can be shifted to serve older infants / toddlers who are well above 12 months of age. However, in this case, the agency would be prepared only to serve mobile toddlers.)

Additionally, MPGs require developmentally-appropriate toys and furniture, that may cost in the range of $1,500-$3,000, depending upon agency room configuration and existing furnishings/equipment. During Pre-Implementation, a site visit and group room review will determine specific agency needs.
Number of Facilitator-trainees participating in one MPG Demonstration Group:
No more than three Facilitator-trainees may participate in one MPG Demonstration Group, and a maximum of six Facilitator-trainees may participate in one group supervision call. Agencies wishing to train between four and six Facilitator-trainees have two choices: 1) Commence two MPG Demonstration Groups simultaneously to accommodate more trainees (see “Considerations for Simultaneous Parent Groups” below), or 2) Commence one MPG Demonstration Group with three Facilitator-trainees, and train additional staff during MPG Level 3 Supervisor training. The second choice is the most economic and practical strategy for larger agencies who wish to train additional Facilitator-trainees; that is, MPG Level 2 training commences with a cohort of three carefully chosen Facilitator-trainees, who are then groomed to become MPG supervisors through MPG Level 3 Supervisor training. See more on sustainability under MPG Level 3 Supervisor training, below.

Considerations for Simultaneous Parent Groups:
Careful consideration is recommended when launching multiple MPG Demonstration Groups simultaneously. Implementation requires Agency attention to the numbers of prospective participant families with children within a developmental cohort. Most groups require at least 2-3 months of preparation to assemble prospective families. Approximately 4 to 6 families may participate within one group. As an example, to train 6 Facilitator-trainees in one MPG Level 2 supervision group, 2 MPG Demonstration Groups of 4-6 members each would need to be ready to start concurrently.

Phase One—MPG Demonstration Group
Upon formation of the parent-child groups, Facilitator-trainees will participate in a 12-week, 1.5-hour MPG Demonstration Group, led by a MPG Supervisor/CRP Trainer. There is one MPG Demonstration Group for every three Facilitator-trainees.

With the MPG Demonstration Group commencement, Facilitator-trainees will also participate in 12 weeks of concurrent, 1.5-hour, weekly MPG Group Supervision Calls. A minimum of three (and maximum of six) Facilitator-trainees form one agency team, participating in one Group Supervision.

Phase Two—Facilitator-trainee Led MPs
Upon completion of the 12-week MPG Demonstration Group, Facilitator-trainees will lead an 18-week, 1.5-hour MPG. There is one Facilitator-trainee led MPG for every three Facilitator-trainees.

During this phase, Facilitator-trainees will participate in 18 weeks of concurrent, 1.5-hour, weekly MPG Group Supervision Calls. Again, three to six Facilitator-trainees may participate in one Group Supervision as an agency team.

MPG Level 2 Facilitator-trainee Prerequisites:
Level 2 Facilitator-trainees are required to have completed MPG Level 1 Training and be a licensed or (agency supervised) pre-licensed mental health professional with infant/early childhood experience.

Level 2 Facilitator-trainee Participant Limits:
A minimum of 3 and maximum of 6 MPG Facilitator-trainees may participate per agency, forming one agency team. As agency attrition is inevitable, a minimum of three Facilitator-trainees will protect against attrition, while only two are needed to co-facilitate MPs. It is recommended that at least one (and preferably, two) of the Facilitator-trainees should be in a position to provide ongoing supervision of the trained team upon completion of training, and preferably, to move forward with Level 3 training to support MPG program sustainability on-site.
MPG Level 2 Facilitator-trainee Training Requirements:
In addition to participating in the Phase One 12-week Demonstration Group, the Phase Two 18-week Facilitator-trainee led MPG, and the respective, concurrent Group Supervisions, each Facilitator-trainee will:

- Present two process recordings (one during the Demo Group supervision period and one during the Facilitator-trainee led Group Supervision)
- Present one videotaped session for review during the course of the Facilitator-trainee led MPG
- Present one case formulation for two parent-child dyads from their MPG training experience

Total # of Level 2 Facilitator Training Hours:

- **Pre-Implementation:**
  2 hour Administrative meeting + 3 hour Clinical meeting + 1.5 hour PDI = 6.5 hours

- **Phase One—MPG Demo Group (LAC-DMH billable hours):**
  12 weeks x 1.5 hour group = 18 billable hours per MPG Demo Group

- **Phase One—MPG Demo Group Supervision:**
  18 hours (12 weeks x 1.5 hour group supervision calls) = 18 training hours

- **Phase Two—Facilitator-trainee Led MPG (LAC-DMH billable hours):**
  18 weeks x 1.5 hour group = 27 billable hours per Facilitator-trainee Led Group

- **Phase Two—Facilitator-trainee Led Group Supervision:**
  27 hours (18 weeks x 1.5 hour group supervision calls) = 27 training hours

FEES: 3 Facilitator-Trainees with 1.5-hr sup = $19,950

---

**MPG LEVEL 3: Supervisor Training**

Level 3 Supervisor-trainees replicate the MPG Level 2 training protocol within the agency while being supervised by a CRP Trainer.

**Level 3 # Trained:**
No more than 3 supervisors per training team per agency. Each supervisor must supervise at least two and no more than six Facilitator-trainees during the Level 3 training.

**Level 3 Supervisor Training consists of:**
MPG Level 2 training protocol is replicated within agency, but this time under the supervision of the MPG supervisor in training. Center for Reflective Parenting will provide 16 one hour supervising-the-supervisor calls, starting one week prior to a 12-week Demo Group, alternating weekly, through the 18-week Facilitator-trainee led MPG. Each supervisor is responsible for presenting four videotapes: two of their Demo Group, and two of the Facilitator-trainee led MPG. There will also be four listen-in calls on the MPG supervisor in training’s supervisions: two during the Demo Group, and two during their supervision of the Facilitator-trainee led MPG.

**Level 3 Supervisor-trainee Prerequisites:**
Level 3 Supervisor-trainees are required to have successfully completed MPG Level 1 and Level 2 Trainings, have experience leading MPGs, and preferably have supervision experience. Supervisor-trainees should also be licensed or (agency supervised) pre-licensed mental health professionals with infant, early childhood, or child experience. Collaborating with the CRP Trainer in selecting Level 3 candidates will help ensure the best outcomes.

**Level 3 Supervisor-trainee Participant Limits:**
Up to 3 Supervisor-trainees may participate in one group supervision call with a CRP Trainer. Each Supervisor-trainee must supervise at least 2 and no more than 4 Facilitator-trainees during the Level 3 training. Just as in Level 2 Training, careful consideration of training multiple trainees simultaneously is required.

**Level 3 Pre-Implementation:**
An initial Pre-Implementation meeting with the CRP Trainer and Level 3 Supervisor-trainees is scheduled as soon Level 2 Training is complete. This is followed by the Supervisor-trainees meeting with their Facilitator-trainees for a preparatory clinical meeting and OTIS training. Next, the Level 3 PDI Training prepares Supervisor-trainees to train their Facilitator-trainees in administering the PDI for assessment purposes. Supervisor-trainees should train Facilitator-trainees in administering the PDI at least one month prior to the anticipated start of the RPP Parent Workshops. Preparations in forming parent groups should occur throughout the Pre-Implementation phase. During the initial group call, the Supervisor-trainees and the CRP Trainer assess the readiness of parent groups and Facilitator-trainees. Thereafter, the weekly MPGs and group supervisions commence.

**Level 3 Supervisor-trainee Training Requirements:**
Supervisor-trainees participate in sixteen 1-hour Level 3 Group Supervisions (L3 GS) with a CRP Trainer. The L3 GS begins one week prior to the commencement of the Phase One—12-week MPG L2 Demo Group Supervision (L2 GS) and ends one week after the last Phase Two—18-week Facilitator-trainee Led MPG L2 GS. The L2 GS are group supervisions for the Supervisor-trainees to train their Facilitator-trainees who will co-facilitate the Phase One—MPG Demo Group and the Phase Two—18-week Facilitator-trainee Led MPG. The L2 GS are each 1 hour in length if there is one MPG being supervised, or 1.5 hours for more than one MPG.

**In addition to participating in the L3 and L2 Group Supervisions (GS), each Supervisor-trainee will:**
- Schedule 4 Listen-In supervision sessions where the CRP Trainer will review the L2 GS
- Submit four videotaped MPGs: two during Phase One—MPG Demo Group and two during Phase Two—Facilitator-trainee Led MPG
- For each Facilitator-trainee under their supervision, one process recording (from Phase Two MPG) and a case formulation for two parent-child couples in the MPG (both with supervision notes)
- Submit data in a timely manner on OTIS
- Submit parent evaluations and the Training Review forms within 30 days from the final L3 GS

**Total Level 3 Facilitator Training Hours:**
- **Pre-Implementation:**
  1.5 hour Pre-Implementation Meeting + 1.5 hours Level 3 PDI Training = 3 hours

- **Level 3 Supervisor-trainee supervision with CRP Trainer:**
  16 group supervision hours (16 x 1 hour group supervision calls) + 1 hour individual supervision + 4 hours Listen-In calls = 21 supervision hours with CRP Trainer
- **Level 3 Supervisor-trainee supervision with their Level 2 Facilitator-trainees:**
  Phase One—12 week Demo Group supervision hours (12 x 1 hour group supervision) + Phase Two—18 week Facilitator-trainee Led MPG (18 x 1 hour group supervision) = 30 supervision hours with Level 2 trainees

For a visual overview, see *MPG Level 3 Supervisor Training: Overview of Schedule*.

**FEES:**
- 1 Supervisor in Training = $5,250
- 2 Supervisors in Training = $7,700
- 3 Supervisors in Training = $10,150
## Mindful Parenting Group Training Overview

### Level 1 - Introduction to MPG Facilitation
- 2 training days with lecture, discussion, & video
- Up to 27 participants and 9 auditors

### Level 2 - Facilitator Training

#### Pre-Implementation
- Pre-Implementation meeting #1 (Administrative) - 2 hrs
- Pre-Implementation meeting #2 (Clinical) - 3 hrs
- Parent Development Interview (PDI) Training - 1.5 hrs

#### Phase One
- **MPG Demonstration Group**
  - 12 weeks, 1.5-hour parent group
  - 3 facilitator-trainees per group
  - 4-6 families per group

#### Phase Two
- **MPG Facilitator-Trainee Led Group**
  - 18 weeks, 1.5-hour parent group
  - 3 facilitator-trainees per group
  - 4-6 families per group

*Note: Most parent groups require at least 2-3 months of preparation to assemble prospective families with infants/toddlers in a tight developmental cohort (no more than 4-6 months difference in age). It is recommended that agencies plan for an initial Level 2 MPG training cohort with infants roughly between 8 and 14 months of age.

#### MPG Group Supervision Calls
- 13 weeks, 1.5-hour call per week
- 3-6 facilitator-trainees per group
- 1 process recording

### Level 3 - Supervisor Training

Phases One & Two of Level 2 are replicated within agency under the supervision of the MPG supervisor-trainee. The supervisor-trainee has the following requirements:

- 16 weeks of supervising-the-supervisor calls: 1-hour call alternating weekly, starting one week prior to 12-wk Demo Group and through the 18-wk Group
- 4 video reviews: 2 of Demo Group, 2 of 18-wk Group (may be replaced with L2 process recordings with supervisor’s notations, where videotaping is not possible)
- 4 listen-in calls: 2 of Demo Group, 2 of 18-wk Group
- 1-3 supervisor-trainees allowed per supervision group
- Each supervisor-trainee must supervise 2-6 facilitator-trainees

---

For more information: [info@reflectiveparenting.org](mailto:info@reflectiveparenting.org)

Center for Reflective Parenting: 323-275-4805

MPG Training Protocols-agency 5-20-14