INTRODUCTION
The Reflective Parenting Program (RPP) is an innovative 10-week workshop series that engages groups of 6-10 parents in an in-depth experiential learning process. Each week includes instruction, discussions and exercises to engage parents in various topics. The workshops enable parents to discover new ways to think about the links between behavior, feelings, and actions, while learning strategies and techniques designed to enhance their reflective functioning. Parents will begin to recognize how their capacity for reflection can serve as a powerful tool toward building stronger and more satisfying relationships. This skill helps children feel more secure in the parent-child relationship and provides families with tools that will be critical to the child’s developing capacity to form and maintain intimate, mutual, and supportive relationships in the future.

In 2010, the Reflective Parenting Program was qualified by the California Institute of Mental Health as a Community Defined Evidence (CDE) model for Prevention/Early Intervention. In 2011, L.A. County Department of Mental Health approved RPP as a billable CDE.

The conceptual foundation of this program is based in developmental research in the area of parental reflective functioning or mentalization, which we talk about with parents as reflective parenting. This essential processing mechanism enables parents to understand that mental activity, such as thoughts, feelings, needs, intentions, and desires (within both their children and themselves), which are not directly observable, underlie all human behavior. The ability to understand and respond to children’s behavior in terms of the mental states that motivate it is essential for strong parent-child bonds or secure attachment.

The reflective parenting approach provides parents with an all-purpose skill that can be utilized when interacting with children across a range of issues and developmental phases. It is not a prescriptive approach offering techniques for every “difficult” situation, but rather an understanding of the way parents’ and children’s behaviors are linked in meaningful ways to underlying mental states and emotions. Reflective parenting involves the cultivation of a non-reactive stance or attitude in relation to children’s behavior that helps strengthen parent-child attachment relationships. At the most basic level, the goal of reflective parenting is to help children to feel both independent and connected to others.

There are three Levels of RPP training for agency staff:

- **Level 1: Reflective Parenting Fundamentals**
  - Participants gain a theoretical understanding and an introduction to the RPP model
- **Level 2: RPP Facilitator Training**
  - Level 1 graduates train to become RPP Group Co-Facilitators by co-facilitating a 10-week RPP workshop while receiving concurrent supervision
- **Level 3: RPP Supervisor Training**
  - Selected Level 2 graduates train to become RPP Supervisors by supervising Facilitator-trainees within the agency while receiving concurrent supervision under a CRP Trainer
  - Having a RPP Supervisor on-site will support long-term RPP sustainability and reduce costs by allowing the agency to conduct future Level 2 trainings in-house

For more information: info@reflectiveparenting.org
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LEVEL 1: *Reflective Parenting Fundamentals*

Level 1 Training consists of:
2 training days with lecture, discussion, video.
(12 CE credits available for CA licensed psychologists, LCSWs, LMFTs, and RNs)

**Level 1 Participants:**
Up to 24 participants plus 3 auditors total may attend a CRP-hosted Level 1 training. For every 3 participants registered by an agency, **one auditor** may also be registered. Auditor spaces are on a first come, first served basis. For Level 1 training **hosted by one agency**, up to **3 auditors total** may be included. Maximum of 24 participants plus 3 auditors.

**Prerequisites:**
Licensed or (agency supervised) pre-licensed mental health professionals, with infant, early childhood, or child experience.

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

**FEES:**
- CRP Rate—$495 per attendee for a CRP-hosted training in Los Angeles, CA
- So Cal Rate—$8,000 for agency-hosted training in Los Angeles or Orange County, CA
- West Coast Rate—$9,400 + travel & accommodations for agency-hosted training in states west of the Rockies
- National Rate—$10,700 + travel & accommodations for an agency-hosted training at a location east of the Rockies

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LEVEL 2: *RPP Facilitator Training*

RPP 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 to segue into parent group formation and workshop facilitation.

**Administrative Pre-Implementation Meeting (2-hours):**
- Meeting with Agency staff responsible for program outcomes, to be held at least 2 months before anticipated start of parent workshops
- Review model & training protocols, implementation plans, selection of Facilitator-trainees, and sustainability considerations.
- Most parent groups require at least 2 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):**
- 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 for Facilitator-trainees to utilize the PDI for intake assessment of parental reflective functioning. The PDI is used as a clinical screening tool and means to introduce and engage parents in the RPP model.

Parent Workshops & Curriculum:
The RPP parent group meets for 1.5-hours weekly for 10 weeks. Each RPP workshop is co-facilitated by two RPP Facilitator-trainees. At each workshop, the participants will engage in a mindfulness exercise, a discussion on the weekly key topic, and review take-home exercises. The RPP curriculum is available in the following configurations: for parents of children 0-2 years; 2-5 years; 6-12 years; and adolescents. The curriculum covers the following topics:

- Week 1: Overview
- Week 2: Temperament
- Week 3: Responding to Children’s Distress
- Week 4: Separation
- Week 5: Play & Parental Involvement
- Weeks 6 & 7: Discipline
- Weeks 8 & 9: Anger
- Week 10: Overview & Goodbye

Level 2 Facilitator-trainee Prerequisites:
Level 2 Facilitator-trainees are required to have completed RPP Level 1 Training and be licensed or (agency supervised) pre-licensed mental health professionals with infant, early childhood, or child experience. Careful consideration is recommended in selecting clinicians for Level 2 Training for better outcomes. Some factors to consider include the clinician’s commitment to other EBPs, caseload, previous group leader experience, and interest in process-oriented treatment.

Level 2 Facilitator-trainee Participant Limits:
A minimum of 3 and maximum of 6 Facilitator-trainees may participate in one group supervision call. Two Facilitator-trainees are paired up and designated to lead one group of parents throughout the 10 week Parent Workshop series. As agency attrition is inevitable, a minimum of 3 Facilitator-trainees will protect against attrition. It is recommended that at least one of the Facilitator-trainees 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 RPP program sustainability on-site.

Considerations for Simultaneous Parent Groups:
Careful consideration is recommended when launching multiple parent groups simultaneously. Implementation requires Agency attention to the numbers of prospective participant families with...
children within a developmental cohort. Most groups require at least two months of preparation to assemble prospective families. Approximately 6 to 8 families may participate within one group (with a maximum of 10 parent group members). As an example, to train 6 Facilitator-trainees in one supervision group, 3 parent groups of 6-10 members each would need to be ready to start concurrently.

**Level 2 Facilitator-trainee Training Requirements:**
Facilitator-trainees participate in 11 weekly group supervision sessions of 1.5 hours each. The Initial Group Call is scheduled at least 2 weeks prior to the first Group Supervision to follow up on the progress of PDI’s and group formation. The first Group Supervision is scheduled one week prior to the start of the weekly parent workshops.

In addition to participating in the group supervisions, during the 11-week supervision period each Facilitator-trainee will:
- Participate in 2 individual supervision calls, 1 hour each
- Present one videotaped session, one process recording, and case formulations for half of the parent group members
- Submit data in a timely manner on OTIS
- Submit parent evaluations and the Training Review forms within 30 days from the final Group Supervision

**Total Level 2 Facilitator Training Hours:**
- Pre-Implementation:
  - 2 hour Administrative meeting + 3 hour Clinical meeting + 1.5 hour PDI Training = 6.5 hours
- **RPP Parent Workshops (service delivery or billable hours):**
  - 10 weeks x 1.5 hours = 15 service delivery or billable hours per RPP parent group
- **RPP Supervision:** 18 group hours (12 x 1.5 hour group supervision calls) + 2 hours per trainee of individual supervision = 20 supervision hours

For a visual overview, see **RPP Level 2 Facilitator Training: Overview of Schedule.**

**FEES:**
- 3 Facilitator-Trainees = $7,500
- 4 Facilitator-Trainees = $8,550
- 5 Facilitator-Trainees = $9,600
- 6 Facilitator-Trainees = $10,650

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**LEVEL 3: RPP Supervisor Training**

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

**Level 3 Supervisor-trainee Prerequisites:**
Level 3 Supervisor-trainees are required to have successfully completed RPP Level 1 and Level 2 Trainings, have experience leading groups, and preferably have some 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 in no more than 2 parent groups 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 consists of verifying that the L2 Facilitator-trainees view the PDI Training video on OTIS and access the related documents. L3 PDI training prepares Supervisor-trainees to provide their contact information to their Facilitator-trainees in order to address questions and issues in administering the PDI for assessment purposes. Supervisor-trainees should verify that the Facilitator-trainees complete the PDI Training 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 Parent Workshops and group supervisions commence.

**Level 3 Supervisor-trainee Training Requirements:**
Supervisor-trainees then participate in eight 1-hour Level 3 Group Supervisions (L3 GS) with a CRP Trainer. The L3 GS begins one week prior to the commencement of the 11-week L2 Group Supervision (L2 GS) and ends one week after the last L2 GS. The L2 GS are group supervisions for the Supervisor-trainees to train their Facilitator-trainees who will co-facilitate the 10-week RPP Parent Workshops. The L2 GS are each 1 hour in length if there are 2 Facilitator-trainees or 1.5 hours for more than 2 Facilitator-trainees.

In addition to participating in the L3 and L2 Group Supervisions (GS), each Supervisor-trainee will:
- Schedule 2 Listen-In sessions where the L3 Supervisor-trainee videotapes the L2 GS for the CRP Trainer
- Provide two hours of individual supervision for each L2 supervisor-trainee
- Submit (for each Facilitator-trainee under their supervision) one videotaped Parent Workshop, one process recording, and case formulations for half of the parent group members
- 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 hour Pre-Implementation Meeting + 1.5 hours Level 3 PDI Training = 2.5 hours

- **Level 3 Supervisor-trainee supervision with CRP Trainer:**
  9 group supervision hours (9 x 1 hour group supervision calls) + 4 hours per Supervisor-trainee + 2 hours Listen-In calls = 15 supervision hours with CRP Trainer
- **Level 3 Supervisor-trainee supervision with their Level 2 Facilitator-trainees:**
  
  11 group supervision hours (11 x 1 hour group supervision) + (2 Facilitator-trainee x 2 hours per Facilitator-trainee of individual supervision) = 15 supervision hours with Level 2 trainees

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

**FEES:**

- 1 Supervisor-trainee = $3,325
- 2 Supervisor-trainees = $5,075
- 3 Supervisor-trainees = $6,825
**RPP Level 2 Facilitator Training: OVERVIEW OF SCHEDULE**

**PRE-IMPLEMENTATION**

- **Administrative Pre-Implementation Meeting (2hrs)**
  - 2 months before Parent Workshop 1

- **Clinical Pre-Implementation Meeting (3hrs)**
  - Includes OTIS training
  - 1.5-2 months before Parent Workshop 1

- **PDI Training* (1.5 hrs)**
  - 1-1.5 months before Parent Workshop 1

- **Initial Group Call (1.5hrs)**
  - 2 weeks before Parent Workshop 1

Formation of parent groups occurs simultaneously. Agency conducts PDI’s with potential parent participants immediately after PDI Training.

*PDI Training allows participants to administer the PDI for RPP assessment only. Utilization for all other purposes, ie. research, is prohibited without written permission from the Center for Reflective Parenting.

**WEEKLY GROUP SUPERVISIONS & PARENT GROUP WORKSHOPS**

A Group Supervision occurs prior to each of the Parent Workshops. The final Group Supervision occurs after the completion of Parent Workshop 10 to process the final parent workshop and the overall training. Group Supervisions and Parent Workshops are 1.5 hours in duration.

Requirements for each Level 2 Facilitator-trainee:
- Co-facilitation of 10 weekly RPP Parent Workshops
- Participation in weekly Group Supervisions
- Submission of required data on OTIS in a timely manner
- Submission of 1 process recording, 1 videotaped Parent Workshop, and case formulations
- 2 one-hour individual supervision calls – to be scheduled during Group Supervision 1.
  - By Parent Workshop 6: complete 1st individual supervision to review process recording & video recording
  - By Parent Workshop 10: complete 2nd individual supervision to review case formulations and review training
- Submission of parent evaluations and Training Review forms within 30 days from Group Supervision 11.
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**RPP Level 3 Supervisor Training: OVERVIEW OF SCHEDULE**

**PRE-IMPLEMENTATION**

- **Level 3 Pre-Implementation Meeting (1hr)**
  - 2 months before PW 1

- **Level 3 PDI Training** *(1.5hr)*
  - Preparing L3 trainees to train L2 trainees on administering the PDI
  - 2 months before PW 1

- **Initial Group Call (1hr)**
  - 3 weeks before PW 1

- **Clinical meeting & OTIS training**
  - 2 months before PW 1

- **Formation of parent groups occurs.**

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**WEEKLY GROUP SUPERVISIONS & PARENT GROUP WORKSHOPS**

A L3 Group Supervision (L3 GS) will occur prior to the L2 Group Supervision (L2 GS), which will occur prior to each Parent Workshop (PW). This pattern continues for most of the training with the exception when there is a Listen-In in lieu of a L3 GS. The final L3 GS will occur after the completion of PW 10 and the final L2 GS to wrap up the training.

**Requirements for each Level 3 Supervisor-trainee:**
- Facilitation of weekly group supervisions with L2 trainees
- Submission of required data on OTIS in a timely manner
- Submission of materials from each L2 trainee: 1 process recording, 1 videotaped PW and case formulations
- 2 Listen-In sessions– to be scheduled with CRP Trainer during L3 GS 1
- **By Parent Workshop 6:** complete 1st individual supervision to review process recording & video recording
- **By Parent Workshop 10:** complete 2nd individual supervision to review case formulations and review training
- Submission of parent evaluations and Training Review forms within 30 days from L3 GS 8

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