Steps To Become A Certified Trainer in Teaching Parenting The Positive Discipline Way (TP) For In-Person Advanced Candidate Training

Step One: Plan to Become a Positive Discipline Trainer Candidate

- Take the Teaching Parenting the Positive Way (TP) workshop.
- Read and practice - at home, at work, wherever you feel inspired and ready.
- Now is a good time to read a variety of Positive Discipline (PD) resources and other sources of Adlerian and Dreikurian material to develop a clear understanding of how Adlerian principles form the framework for PD activities.
- Begin to internalize the key ideas and principles of Positive Discipline and Adlerian theory throughout your life.
- Let the office know of your intent and apply to become a Positive Discipline Trainer Candidate (PDTC). This requires your submitting an Application and Letter of Intent and your annual membership dues.

Step Two: Expand and Implement Your Knowledge of PD and the PDA

- Teach two or more 12 - 14 hour parenting class series, typically offered in a 6 or 7 week format. Each session should have a minimum of six (6) attendees with eight (8) or more strongly recommended. We provide you with Evaluation Forms to use with each class. These forms will be sent to the PDA office to be reviewed.
- To Be Sent to PDA Office: For each class you use for this prerequisite, scan and email or fax a Face Sheet along with evaluations (no more than 8 per class) to the office, and class outline. We do not accept paper copies unless there are unusual circumstances. See Summary (Face) Sheets & Evaluation Forms on the PDA website under Members Tab Trainers Tab. (info@positivediscipline.org or Fax: 1-855-415-2477)
- Participate in a PDA mentor group or in a mentoring relationship to provide feedback, support and direction (strongly recommended). The PDA office will help you with this.
- Activities: (with content areas in parenthesis) – It is IMPORTANT that you have personally facilitated each core activity at least twice. Some of these will be taught by the facilitator, others may be included in those led by the participants. Activities are in an order that enhances participant learning. Note that this list is NOT inclusive. It includes activities that should be in EVERY Teaching Parenting Workshop. Each facilitator will, in addition, add activities that he or she feels enhance the workshop and are helpful to future parent educators.
  1. “What do you want for your children?” or “The Two Lists” (Long term discipline)
  2. Top Card (Adult Influence and Self Care)
  3. Competent Giant or Winning Children Over (Belief behind the behavior. What are children thinking, feeling, deciding?)
4. Mistaken Goals (Behavior is purposive, but often based on mistaken ideas of how to get belonging. Private logic)
5. Encouragement vs. Praise (refining what “encouragement” is)
6. Solutions (Discipline is about teaching instead of hurting)
7. Jungle (Sources of discouragement)
8. Kind and Firm (Understand kindness and firmness at the same time)
9. Continuum of Change (Baby steps, No one is perfect, AND the process of teaching/scaffolding)
10. Parents helping Parents Problem solving steps (Synthesis of all concepts, and practical use)
11. Family Meetings
12. Closing: Ball of Yarn

**IMPORTANT**: If you Co-Facilitated these classes with another Trainer, you must teach at least one additional parenting class series and document that you have personally facilitated each core activity at least twice. To be ready for Advanced Candidate Training (ACT), it is essential that you have solid knowledge of the full TP curriculum, as well as experience in leadership/managing the group and facilitating each activity.

**Step Three: Determine Readiness To Attend Advanced Candidate Training (ACT)**

- Please read the ACT Eligibility Policy, which describes the goals and purpose of ACT.
- Evaluate whether you have internalized PD principles, are able to facilitate basic TP core activities effectively, understand and model PD and Adlerian values, and are confident with the PD experiential model. If so, then you are ready to apply to attend ACT!

**Step Four: Apply To Attend Advanced Candidate Training (ACT)**

- Apply to attend Advanced Candidate Training (ACT), the culminating step towards certification as a Certified Positive Discipline Trainer.

The following minimum standards must be met to be approved to attend ACT:

- Prerequisite: PDA Trainer Level Membership of 6 months or more.
- Prerequisite: Participation in both a Teaching Parenting (TP) and Positive Discipline in the Classroom (PDC) workshop.
- Submit signed Letter of Understanding (LOU).
- Submit all payments according to schedule – the $100 non-refundable application fee, a $200 deposit, and final balance of registration fee.
- Submit face sheets and evaluations from two or more 12 - 14 hour parenting class series or as stated above in Section 2. A total of 12-16 evaluations from both or as stated about in Section 2.
- Submit a 2-page paper summarizing 1 - 2 key principles from a book by Adler or Dreikurs and reflect on their impact for you personally and/or as a PD facilitator.
- Attend at Think Tank at least once (*strongly recommended*).
• Submit a recommendation from your PDA mentor or from a CPDT or CPDLT in your PD mentor group/affiliate (encouraged but not required).

• **Exceptions** to these requirements will be considered when individuals have had extensive experience in working with the PD curriculum and/or Adlerian materials in alternative settings.

  • Pre-requisite: PDA membership of one year or more (three or more preferred).
  • Individuals must write a proposal and document an equivalent level of experience including teaching all core activities at least twice.
  • This should be sent in to the PDA Office at least six weeks before the deadline for submitting documentation for a scheduled Advanced Candidate Training (ACT).
  • Note: Because of the depth of preparation and communication required of our ACT facilitators, requests for an exception will not be considered or approved within 6 weeks of the date for ACT.

**Step Five: Attend Advanced Candidate Training**

• ACT is an intensive experience, with participants expected to facilitate activities as they would during an actual TP.

• You will both give and receive extensive feedback designed to fine tune facilitation skills and to strengthen your knowledge of both the PD model and Adlerian practice.

• Participate actively, with openness to learning and personal growth.

**Step Six: Be Recommended For Certification**

• The ACT facilitators determine whether an individual has met the goals and standards necessary for a recommendation for Trainer certification in Teaching Parenting. Attending ACT does not guarantee that you will be recommended for certification. Recommendations for additional support will be provided, on an as needed basis.

• The PDA Board of Directors reviews recommendations and approves/disapproves certification.

**IMPORTANT:** You are encouraged to contact our PDA Office (or assigned ACT facilitators) with any questions or concerns.