

The Incredible Years Program

Purpose: 12 week virtual parenting/caregiving program providing behavioral management education and training targeted at oppositional behaviors in children 3 to 8 years old – child must be 8 at start of the program but is able to turn 9 during the program. The program is organized into three phases:

- Phase 1: Education will focus on ways to spend positive time with your child, attend more systematically to positive behaviors, improve interaction through play, and promote self-esteem/social growth through praise techniques. (Approximately 4 sessions)
- Phase 2: Education will focus on ways to improve compliance and reduce behavioral outbursts through implementation of reward programs (e.g. use of tangible reward programs), effective use of ignoring, and distraction techniques. (Approximately 4 sessions)
- Phase 3: Education will focus on effective discipline strategies such as use of effective ignoring, re-directions, strategic planning, and use of time out. (Approximately 4 sessions)

Type of Therapy: Group (Closed)

Participants: Parents or caregivers of children ages 3-8 with oppositional defiant or disruptive behaviors

Length of Treatment: 12 Weeks

Number of Sessions: 12 Sessions

Weekly Phone Calls: Weekly follow up calls

Frequency of Sessions: Weekly

Duration of Sessions: 2 hours

Scheduling: Obtain physician referral and call NCH Behavioral Health Intake at 614-355-8080