



## **Train the Trainer course for Odyssey, Parenting Your Teen Programme**

The Train the Trainer course for Odyssey, Parenting Your Teen Programme is designed to enable Trainers to deliver the programme with fidelity, in order to ensure it maintains effectiveness.

Odyssey, Parenting Your Teen is an 8 week evidence based programme for parents of teenagers. Each 2 hour session is underpinned by Family Systems Theory (Arnett) and promotes Authoritative Parenting. Topics include teenage development, problem solving, rules and consequences and communication. Parenting NI commissioned the Institute of Childcare Research, Queens University Belfast to carry out a research evaluation of the programme between 2009-2012. The findings from the research demonstrated real improvements for parents and teenagers. The findings from the evaluation showed convincing evidence of the programme's effectiveness, demonstrating improvements which included:

- Enhanced parent well-being
- Improved the parent/teenager relationship
- Decreased level of stress
- Increased perceived parental competence
- Reduced feeling of guilt
- Made a positive difference on some important aspects of teenagers' social functioning, such as decreased moodiness
- Improved communication

**Professor Pat Dolan, UNESCO Chair and Director of Child and Family Research Centre, NUI Galway said: " I see Odyssey , Parenting Your Teen Programme as one of the most innovative parent friendly and effective support programmes that is currently available, not just in Northern Ireland but internationally."**

Following the positive findings of the evaluation Parenting NI has developed a Train the Trainers course to enable the Odyssey, Parenting Your Teen programme to be more widely available to parents. The process to become a registered Trainer includes completing an application form and successfully completing the Train the Trainer 3 day course.

### **Aims of the Train the Trainer course for Odyssey, Parenting Your Teen Programme**

- To enable Trainers to deliver the Odyssey, Parenting Your Teen Programme with fidelity.
- To train Trainers on the delivery of Odyssey, Parenting Your Teen Programme in accordance with the requirements of the programme manual.
- To ensure that Trainers have robust knowledge and understanding of the underpinning theory and research on which the programme is based.

**Training Dates and Venue:**

Training scheduled to take place in the Centre for Effective Services, 9 Harcourt Street, Dublin 2.

Day 1 : Wednesday 19<sup>th</sup> November

Day 2 Thursday 20<sup>th</sup> November

Day 3 Friday 21<sup>st</sup> November

Timings: 9.30 am to 4 pm (Light refreshments will be provided on arrival)

**Benefits Include:**

- Trainers will be enabled to deliver Odyssey, Parenting Your Teen Programme with fidelity.
- Trainers will add to their capacity to educate parents through high quality evidence based programme.
- Trainers will increase their skills and experience through offering widespread delivery of effective, evaluated programme to families within communities.

**Trainer Profile:**

Shirley Millar is the Senior Trainer with Parenting NI and she will be facilitating the Train the Trainers course. She has many years of experience of delivering high quality training and is passionate about parents and helping trainers to deliver programmes to the highest quality to maximise parents learning.

**Booking:**

To apply for a place or to find out further information including the recruitment and selection process and details of costs for the Train the Trainer course you can contact Parenting NI Head Office:

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