

## **Incredible Years Clare Teacher Classroom Management (TCM)** **Programme Information**



The Incredible Years Parent, Teacher and Child training series was devised in the USA by Dr. Carolyn Webster-Stratton (1984:1998) to prevent, reduce and treat conduct problems in children.

Incredible Years Clare is an interagency initiative begun in 2004 to address the social, emotional and behavioural needs of children in identified schools and communities in County Clare. The agencies involved are Clinical Psychology Services of the Health Services Executive, Clarecare and the Department of Education & Skill's National Educational Psychological Services (NEPS).

The Incredible Years (IY) TCM programme is offered to identified teachers and schools in Co. Clare and is delivered by psychologists from NEPS. It is delivered over six workshops to teachers of DEIS schools, in accordance with the Department of Education's DEIS Action Plan and/or teachers from other schools. When a school has undertaken the IY TCM training, the IY School Age parenting programme is then offered to a group of parents from the school. Parents are recruited to the IY School Age parenting programme through a collaborative effort between the school and the agencies of IY Clare.

To date (2018), thirteen schools have completed the integral parts of the Incredible Years Training, i.e. the IY School Age Parenting programme, the Teacher Classroom Management (TCM) programme and are using the IY classroom curriculum programme. These schools are Holy Family Junior NS in Ennis, Scoil Chríost Rí in Ennis, Scoil na Maighdine Mhuire in Newmarket on Fergus, Scoil Mhainichin, Ennistymon, Ennis National School, Scoil Realt Na Mara Kilkee, Cooraclare NS, Kildysart NS, Kilbaha NS, St. Tola's NS Shannon, St. Senan's NS Shannon, St. Senan's NS Kilrush, Educate Together NS Ennis.

Educational Psychologists from NEPS in Co. Clare also offer separate IY TCM training outside of the above outlined whole school-community model of delivery, in Ennis. This IY TCM training is offered annually at the Clare Education Centre, Ennis and has become known as the Education Centre Model. It does not include IY School Age parent training. This model accommodates teachers who work in schools that are not yet in a position to avail of the whole school-community approach. To date (2018), 24 schools have participated in IY TCM training at the Clare Education Centre.



The IY TCM Programme has been well researched and validated. It involves group led discussions and practice time within the group in order to problem solve, and try out new techniques. Video clips are also used to illustrate key points in each session, and provide the group with time to discuss concepts shown and how best to apply these ideas in the classroom.

Participants are provided with the book which accompanies the IY TCM Programme-“Incredible Teachers” by Dr. Carolyn Webster-Stratton. Participants also receive handouts and behaviour plan record sheets to be used for children. Facilitators request that these behaviour plans and other related assignments are completed by participants between workshops, in order to ensure that they obtain maximum benefit from the programme and can be certified at the end of the six IY TCM workshops.

In schools where there are a large number of teaching and SNA staff the group will be divided as appropriate. The logistics of facilitation will be discussed between each school and the Incredible Years Clare steering group. Non-DEIS Schools cover the cost of the IY TCM programme as regards venue, books, lunches and puppets (if necessary), while DEIS school’s IY TCM costs are borne by the DES, through the provision of the training by NEPS



### **Overview of programme Content**

The IY TCM programme promotes teacher competencies and strengthens home-school connections in the following ways:

- Strengthen teacher's effective classroom management skills, including proactive teaching approaches.
- Increase teacher's use of effective discipline strategies
- Increase teacher's collaborative efforts with parents and promotion of parents' school involvement
- Increase teacher's ability to deliver social skills, anger management, and problem solving skills in the classroom
- Decrease levels of classroom aggression.

Furthermore the IY TCM programme promotes children's competencies and reduces aggressive and non-compliant behaviours by working on the following areas:

- Strengthening children's social skills and appropriate play skills.
- Promoting children's use of self-control strategies such as effective problem-solving steps and effective anger management strategies.
- Increasing emotional awareness by labelling feelings, recognising the differing views of oneself and others.
- Boosting academic success, reading and school readiness.
- Reducing defiance, aggressive behaviour, and related conduct problems such as noncompliance, peer aggression and rejection, bullying, stealing and lying.
- Decreasing children's negative cognitive attributions and conflict management approaches.
- Increasing self-esteem and self-confidence.



### **What does it involve?**

In total, the IY Teacher Classroom Management programme involves a commitment to a six day training schedule, commitment to the completion of assignments related to the programme and the adoption of the IY classroom curriculum in the school as appropriate.

**Video Taping:** In order to attain accreditation from the IY committee in Seattle USA the facilitators need to tape themselves in action in each session. This allows them to improve their group delivery skills. The camera is on the facilitators **ONLY** not participants and material is viewed only to examine facilitators skills not participants responses.

### *Quotes from Previous Participants:*

“Very beneficial solutions”

“I am definitely much more aware of individual needs and lots of food for thought”