



## IY Small Dinosaur Group Leaders Training

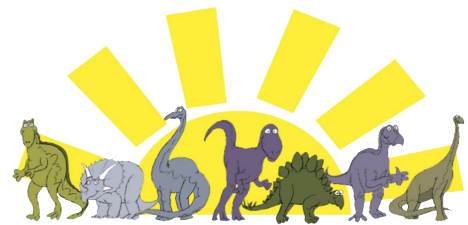
19 -23 Sep 2022  
9 am - 12.15 pm

Zoom • online

This 5-day workshop will present in depth the intervention programme developed by Dr. Carolyn Webster-Stratton, designed to promote children's problem-solving skills, appropriate classroom behaviours and positive social skills. The programme focuses on understanding and improving the behaviours of children with conduct difficulties, ADHD and internalising problems.

Limited to 15 participants — Register early! Reach out to:

**Sarah +65 8932 4808 | [training@morningstar.org.sg](mailto:training@morningstar.org.sg)**



- ✓ Get certified in Small Dinosaur Treatment
- ✓ Promote children's social-emotional regulation

## **TOPICS COVERED**

- Understanding feelings
- Problem-solving
- Regulating emotions

The programme utilises puppet play, group work and fun activities to teach children these skills. After this training, group leaders can offer this 18 – 22 week curriculum to groups of children aged 4 – 8 years old with behaviour problems in a therapeutic setting. Participants should have experience with groups of children and a graduate degree in social work, psychology, education, nursing, counselling or a related degree.

## **GOALS OF THE TRAINING**

The workshop trains professionals to coach parents in:

- Promoting children's emotional, social and academic competencies, and reduce aggressive and non-compliant behaviours
- Strengthening children's social skills and appropriate play skills (turn-taking, waiting, asking, sharing, helping and complimenting)
- Promoting children's use of self-control strategies as effective problem-solving steps and effective anger management strategies
- Increasing emotional awareness by labelling feelings, recognising the differing views of oneself and others, and enhancing perspective-taking
- Boosting academic success, reading and school readiness
- Reducing conduct problems, such as defiance, peer aggression and rejection, bullying, stealing and lying
- Decreasing children's negative cognitive attributions and conflict management approaches
- Increasing self-esteem and self-confidence

## **COURSE FEES**

S\$939 per participant

This is a **'Pre-Approved Course'** for VCF application, pending confirmation by mid-2022.

Contact Sarah at **+65 8932 4808** or email **training@morningstar.org.sg** with subject title "IY Training"

Registration will only be confirmed upon receipt of completed registration form and full payment.

## **CLOSING DATE**

15 August 2022

## **ABOUT THE TRAINER**

**Dr Micah Orless**, Ph.D. is a licensed psychologist at Children's Hospital Los Angeles and an Assistant Professor of Clinical Pediatrics at the University of Southern California (USC) Keck School of Medicine. Micah is a faculty member of the Project HEAL program, where he works with children and families exposed to trauma. He specializes in working with infants and children in foster care. He also supervises interns and postdoctoral fellows in CHLA's APA Accredited pre-doctoral psychology internship and postdoctoral psychology fellowship.

As part of his clinical work, Micah has been conducting Dina Small Groups for over ten years and has been a Certified Small Group Dina Leader since 2013 and a Certified Small Group Dina Mentor since 2017. Micah is also trained in the Preschool BASIC Parent Groups, Advanced program, and Attentive Parenting program.