



### About the Incredible Years Program

The Incredible Years Program was developed by Dr. Carolyn Webster-Stratton, Ph.D. at the University of Washington. It has been proven to help reduce challenging behaviors in children and increase their social skills. As part of the program, parents are provided with strategies to manage difficult child behaviors such as whining, yelling, hitting and kicking, talking back, and refusing to follow rules. Children learn skills to manage emotions and get along better with peers and adults within a fun group atmosphere where they can practice what they have learned.

The program has been recommended by the American Psychological Division 12 Task force as a well-established treatment for children with conduct problems.

### Information and Referral

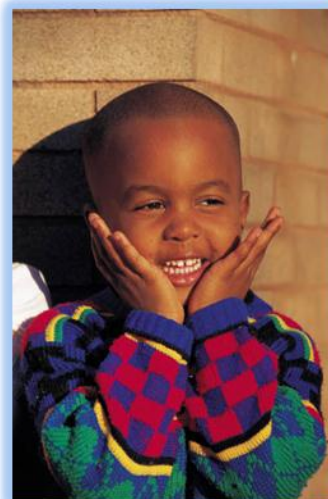
Please contact Alison Leary, Ph.D.  
(206) 374-0109  
Email: [aleary@ebtseattle.com](mailto:aleary@ebtseattle.com)

at

### The Child and Adolescent Treatment Center of Seattle (CATS)

Part of the  
Evidence Based Treatment Centers  
of Seattle

1200 Fifth Avenue, Suite 800  
Seattle, WA, 98101  
Phone: (206) 374-0109



## Raising Your Challenging Child

*A group based training for  
children and parents based on  
the  
Incredible Years program*



### The Child and Adolescent Treatment Center of Seattle (CATS)

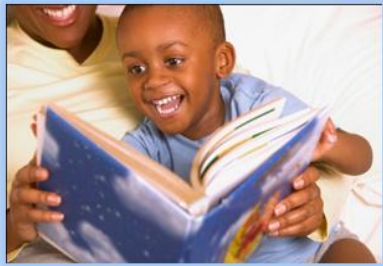
Part of the  
Evidence Based Treatment Centers of Seattle

1200 Fifth Avenue, Suite 800  
Seattle, WA, 98101  
Phone: (206) 374-0109

***Is your 5-8 year old child high spirited or hard-to-manage?***

***Does your child have difficulty making friends or getting along with others?***

***Is your child over-active at home or at school?***



**The Child and Adolescent Treatment Center of Seattle (CATS)**

**is offering groups for children and parents based on the Incredible Years program.**

**Groups will help:**

Provide parents with strategies to deal with problem behaviors

Build new approaches for promoting children's social and emotional competence

Prevent and treat children's oppositional and aggressive behaviors

**Session topics for parent program include:**

- Child Directed Play Skills
- How to Praise and Reward
  - Effective Limit Setting
- Handling Children's Misbehavior
- Effective Communication & Problem Solving
- Anger Management & Emotion Regulation
  - Promoting Social Skills



**Session topics for children's group include:**

- How to Do Your Best in School
  - Understanding Feelings
    - Problem Solving
    - Controlling Anger
  - How to be Friendly
- How to Talk with Friends

**What Is Involved?**

Parent and child programs each include 12 weekly sessions that are 2 hours long.

**Who Can Participate?**

Parents and their children (ages 5-8)

Parent and child groups run concurrently. Snacks will be provided for children.

**How Much Does It Cost?**

The cost for the group is 150 dollars per session which includes both the child and the parent group. The total tuition is 1800 dollars, which can be paid in monthly installments.

**Trainers**

The parent group will be led by Lisa Emerson, Ph.D. & Alison Leary, Ph.D.

The facilitators of the child group will be Jamila Reid, Ph.D. & Kristy Ludwig, Ph.D.

All are child psychologists who have extensive experience working with parents and young children.