



Parents Plus Programmes

Integrating Research Into Practice

John Sharry

www.parentsplus.ie





Parents Plus Charity

- Developed at the request by parents for Irish parenting materials and to be involved in making them.
- Parents Plus was founded by Carol Fitzpatrick and John Sharry in 1998 Established as a registered charity under the auspices of the Mater Hospital in 2001
- Aim to develop educational and therapeutic materials for parents and children and to provide training and support professionals working with families



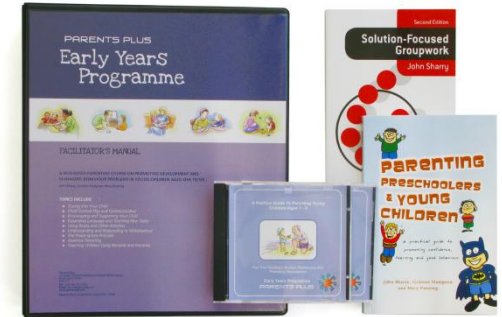


Current Parents Plus Programmes

Parents Plus Early Years

Programme (1- 6 year olds)

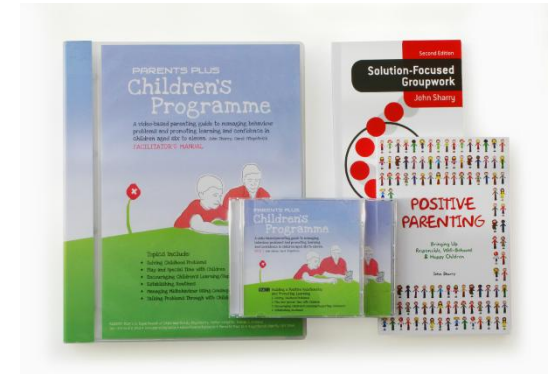
John Sharry, Grainne Hampson, Mary Fanning



Parents Plus Childrens

Programme (6-11 year olds)

John Sharry, Carol Fitzpatrick



Parents Plus Adolescents

Programme (11 – 16 years olds)

John Sharry, Carol Fitzpatrick





Parents Plus Programmes

- Practical and positive, **evidence-based parenting courses** and interventions.
- Delivered over 6 to 12 weeks in **small groups** and can be combined with individual family work
- Draw on **social learning** and **attachment** ideas within **solution-focused** delivery.
- Employs **DVD scenes to model parenting strategies**, backed up by group discussion, role-play, homework and handouts
- Can be used as **clinical** intervention in specialist settings but also **preventatively** in community settings.
- Developed in **partnership with Irish families** and Mater CAMHS



Parents Plus Programmes

Sample footage from Parents Plus Early Years
Programme



Parents Plus Programmes - Research Evidence

Ten research studies demonstrating the effectiveness of the programmes in reducing behavioural problems and parental stress in a variety of settings

- Original Programme – (Behan et al. 2001, Quinn et al, 2006, Quinn et al, 2007)
- Adolescent Programme (Beatie et al, 2007, Nitsch e)
- Early Years Programme Griffin et al, 2006, Griffin et al, 2010, Kilroy et al 2010)
- Children’s Programme (Coughlin et al, 2007, Hand et al 2012)



Integrating Research Into Practice



Facilitator Accreditation Process

- Facilitator training
- Facilitate one or two groups
- Reflective practice, using session protocols and client ratings and evaluations
- Video tape of practice
- Advanced training + practice



Further information

Facilitator Training, Research, Programme
Delivery

www.parentsplus.ie

