



Consultant Certification Course

Course Description

The Positive Approach[®] to Care (PAC) Independent Certified Consultant program is designed for mental health professionals and others who counsel and advise families working through dementia-related challenges. This course will build upon knowledge gained during the seven hours of online pre-work, Seeing it From the Other Side. In addition to dementia-related awareness and knowledge, mental health professionals, social workers, therapists, nurses, and caregivers are taught effective communication techniques and strategies to connect with people in a meaningful way, and methods of providing the right resources at the right time. Upon completion of the pre-classroom training, which includes on-line videos and assessments, and the in-classroom training, learners will have eight weeks to complete the remaining requirements to achieve certification. Participants coordinate with a PAC Mentor to demonstrate proficiency in Positive Physical Approach[™] and Hand-under-Hand[™] (both are featured in the online video training).

Classroom training:

(Day One)

Your Role as a Dementia Care Consultant

Day 1 of this two-day Workshop helps build on the learner's awareness and knowledge gained from their seven hours of video instruction (Titled "Seeing It from The Other Side"). Mental health professionals, therapists, and caregivers will work to apply their understanding of dementia and what is left and retained in the brain. Teepa provides an in-depth look into the consultant role and ways to better support your clients. The session activities will work to help learners identify their own gaps in knowledge of the updated understanding of dementia. Using common problematic interactions and situations, learners will de-code the situation based on their growing knowledge of brain change, leaving them with a better understanding of the brain failure that is dementia. Techniques will be taught to help reduce distress, encourage acceptance of assistance, and improve outcomes for both people living with dementia and providers.

(Day Two)

Practice Using Consultant Tools: The Consultant Cycle and Six Pieces of the Puzzle

A Positive Approach[®] to Care Mentor leads this interactive practice session. Participants apply newly learned skills in role plays using the Six Pieces of the Puzzle, Teepa's GEMS[®] and cue cards. Real life examples are explored in small group discussions.



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Learning Objectives

1. Describe role of a PAC Consultant to help support families and staff with the right support at the right time
2. Demonstrate understanding of the neurophysiological changes in the brain during stress and dementia
3. Discuss dealing with grief and loss, including the two major groups and five states
4. Demonstrate the steps to pre-planned consulting
5. Identify the importance of personality traits – analyze and list how this relates to care partnering in the context of mental and behavioral health
6. Identify learning style preferences – analyzing how people might like to learn, especially in the case of consulting to help support informed decision making
7. Identify the cycle to use in a consulting ‘In the Moment’
8. List and describe ways to address denial
9. Demonstrate the use of the Positive Physical Approach™ to approach and connect, as well as the use of Hand-under-Hand™ technique to guide and direct, and to support

Instructional methodology

- Lecture Case Presentation Other (Specify) Interactive Exercises Interactive Exercises, role play, problem solving
- Audio/Visual Discussion Groups On-line Presentation

The workshop includes methods, strategies and materials to provide a multimodal approach to learning. This includes the Adult Experiential Learning Cycle, team problem-solving, and visual, verbal and kinesthetic experiences based on Gardner's multiple intelligences and from material derived with permission to use by Teepa Snow Positive Approach, LLC. Specifically, the methods include a combination of lecture, discussion, role-play, group interaction, case discussion, and problem solving among learners to actively engage learners in the content. Video training, handouts, power point presentation, and role-playing may be used throughout the session. Workshop facilitator is a Positive Approach® to Care Mentor/Trainer and is qualified to facilitate workshops and train others in the PAC philosophy.



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References

Below is the list of peer-reviewed citations that 1) are either used to support the curriculum and materials on which she presents, or 2) are a **direct examination** of our program and content.

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[1] For the sake of disclosure, the author and primary contact of this white paper, Dr. Beth Nolan, left her faculty position to join PAC as an employee at the end of 2014. However, she did so following the design and execution of the study, recusing herself from any data analysis or reporting. Her colleagues at the Evaluation Institute took up this data, conducted the analysis, and completed the report. Further, the primary author on this report, Courtney Chorba, subsequently also joined PAC in 2017