



Blues Program Training Process

Initial Blues Program Training

Cost: \$2,800

- A master Blues Program Trainer of Trainers (TOT) provides an 8-hour training and consultation on initial delivery of the Blues Program.
- The training is typically delivered over two half days, virtually.
- Groups of facilitators (up to 14) are trained together.

Fidelity Adherence Certification

Cost: \$225/recording for reviewing, rating, supervision note.

Twelve approved sessions are needed to pass successfully.

- The goal of this stage is to establish and operate a model adherent program staffed by a proficient facilitator.
- Facilitator will audio- or video-record two cohorts of students receiving Blues Program groups (i.e., two examples of each of the 6 group sessions for a total of 12 recordings) and send them to the master Trainer of Trainers (TOT) via secure method.
- The TOT will review and rate sessions using validated 100-point rating forms for session adherence and facilitator competence.
- The TOT delivers a supervision note after reviewing each session recording.
- A facilitator who receives adherent scores on 12 recordings is considered certified in fidelity adherence. They may move onto the process of becoming a Trainer-of-trainers for their agency's staff.
- Thresholds needed for certification:
 - An average session rating of 70 for session adherence
 - An average session rating of 60 for therapeutic competence
 - Additional tapes will be reviewed if adherence scores are low.



The Blues Program developers at Oregon Research Institute have partnered with COBYS Family Services as the sole distributor of the Blues Program curriculum and training provider.

Sustainability - Trainer of Trainers for your agency

Cost for Step 1: \$225 per recording review for a minimum of three reviews.

Cost for Step 2: \$2,800 for TOT to consult on training preparation, review trainee's plans, and observe the 8 hours of training.

- The goal of this stage is to have a trained Trainer-of-Trainers (TOT) in place to support the ongoing implementation of the Blues Program in your organization.
- Requirements: Facilitator must be Fidelity Adherence Certified.
- TOT training Step 1 (Completed by COBYS Family Services):
 - TOT trainee reviews 3 session recordings provided by their organization, scores fidelity adherence and group leader competence and provides a supervision note.
 - TOT trainer also reviews and scores these 3 session recordings.
 - 75% of trainee's scores must be within 10 points of the trainer's scores.
- TOT training Step 2 (Completed by Dr. Paul Rohde):
 - Trainee delivers the initial Blues Program training to 2-14 staff from their own agency.
 - Prior to this training, the TOT trainee meets with Dr. Paul Rohde to review training plans.
 - TOT trainer observes the 8-hour initial Blues Training provided by the TOT trainee.
 - If training is adequate, the trainee becomes a certified Trainer of Trainers for their agency.

For more information or to schedule training contact:

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