

WHO Caregiver Skills Training (CST) Program: Master Trainer Workshop

12 virtual sessions

| January to March 2023

| FREE

We are currently accepting applications for the Winter 2023 CST MT Workshop

ABOUT THE CST PROGRAM

CST was developed by the [World Health Organization](#) (WHO), with support from [Autism Speaks](#), to help parents and caregivers of young children with developmental conditions apply evidence-based strategies to promote shared engagement, social skills and positive behaviours through play and everyday home routines.

It is a free and accessible, family-centered intervention, and is now offered in over 30 countries.

CST offers families nine group sessions and three individual coaching visits, which cover topics such as communication, daily living skills, challenging behaviours and caregiving coping skills.

THE CST TRAINING MODEL

CST adopts a cascade training and continuous supervision model (see Fig. 1).

Expert CST providers at the regional or national level, called Focal Points, offer training, supervision, and implementation support to Master Trainers and their local organizations.

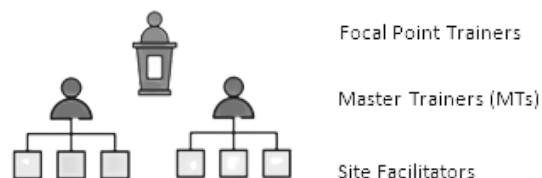


Fig. 1 CST Program Cascade Training and Continuous Supervision Model

Master Trainers are providers with post-secondary training in child development and experience with children with developmental disorders. We will accompany MTs throughout their journey of learning and implementing the CST Program in their local context. Typically, two MTs from a local site are paired to offer the CST groups and coaching visits.

Once trained and experienced in the intervention model, MTs will be supported in training others in their organization/local community as Facilitators, i.e., non-specialist providers, thereby increasing the number of CST providers across Canada.

CST MT WORKSHOP CURRICULUM

The MT Workshop involves five half-days of didactic learning, followed by a 7-session interactive CST MT Community of Practice:

<p>MT Intensive Course</p>	<p>5 half-day courses: January 23 to 27, 2023, daily from 1 to 4 p.m. EST (10 a.m. to 1 p.m. PST)</p>	<ul style="list-style-type: none"> • Presents the content of CST and offers instruction on the delivery of the 9 group sessions and 3 individual visits • Didactic content will be supplemented by skill-based training
<p>Community of Practice</p>	<p>7 interactive sessions: February 1, 8, 15, 22 and March 1, 8, 15, 2023, from 2 to 4 p.m. EST (11 a.m. to 1 p.m. PST)</p>	<ul style="list-style-type: none"> • Focuses on improving fidelity to the CST intervention model via weekly viewing and coding of intervention videos, and group discussions • Provides support for implementation efforts

Note: Trainees will be asked to record themselves practicing newly-learned skills with several volunteer families representative of CST's target audience. These confidential recordings will be used to provide feedback to trainees, and may also be discussed during the Community of Practice interactive sessions with the MT Workshop Expert Trainers and peers.

The CST MT Workshop will take place in English, but materials will be available in both English and French.

All sessions will be offered virtually, via MyCourses McGill.

Upon completing the workshop, participants will become CST Master Trainers and can deliver and implement the CST as part of their routine services.

TAKING PART IN THE CST MT WORKSHOP

The 2023 CST MT Workshop is offered in Canada as part of a national initiative to build community capacity for early intervention across diverse settings, such as clinics, early childhood education and community centers.

The training is offered for free to service providers who:

- Are interested in integrating CST as part of their routine services and sustaining the intervention over time, including training local facilitators
- Have the necessary experience to deliver early intervention for neurodevelopmental conditions, including autism
- Work in clinical or community settings that offer services to families and young children, in particular those that have the capacity to reach underserved groups
- Can attend all of the sessions in the CST MT Workshop.

As spaces will be limited, interested service providers are invited to apply by completing the online [application form](#) by Friday, November 18, 2022, 5 p.m. EST (2 p.m. PST).

Applicants are prioritized based on their potential to reach the CST target group and to integrate and sustain the intervention as part of their routine practice.

IMPORTANT DATES

CST MT Workshop virtual information session	November 2, 2022 at 2 p.m. EST (11 a.m. PST)
Application deadline	November 18, 2022 at 5 p.m. EST (2 p.m. PST)
Notification of selection	December 2022
MT Intensive Course	January 23 to 27, 2023, daily from 1 to 4 p.m. EST (10 a.m. to 1 p.m. PST)
Community of Practice	February 1, 8, 15, 22 and March 1, 8, 15, 2023, from 2 to 4 p.m. EST (11 a.m. to 1 p.m. PST)

APPLY BY NOVEMBER 18, 2022

QUESTIONS?

Join our virtual [information session](#), with live Q&A on November 2, 2022 at 2 p.m. EST (11 a.m. PST)

CONTACT

Martine Habra, PhD, Research Associate,
The Neuro, McGill University
Email: autism@mcgill.ca | Call or text: (+1) 514-444-6920

