

Master Trainer (MT) Workshop

World Health Organization Caregiver Skills Training (CST) Program

April to June 2024 | 9-10 virtual sessions | Free



We are currently accepting applications
for the Spring 2024 CST MT Workshop



Réseau pour transformer
les soins en autisme
Transforming Autism
Care Consortium



Montreal Neurological
Institute-Hospital



About the WHO Caregiver Skills Training

CST was developed by the World Health Organization (WHO), with support from Autism Speaks, to help families and caregivers of young children ages 2- to 9- years old with socio-communication delays apply evidence-informed strategies.

*It is an accessible,
family-centred
intervention offered
in over 30 countries*

CST is offered to families at no cost and includes nine group sessions and three individual coaching visits. These sessions cover various topics including communication, daily living skills, managing challenging behaviours, and enhancing caregiving coping skills.

The objective of the program is to promote shared engagement, social skills and positive behaviours through play and everyday home routines.

CST-Canada is a collaborative platform that brings together researchers, service providers and decision-makers, to increase access to evidence-informed interventions, including CST, in the Canadian context.

Through partnerships with Canadian service providers and organizations with a strong track record of working with traditionally underserved groups, including immigrants, refugees, ethnically and racially diverse individuals, low-income earners, Indigenous Peoples, and minority-language speakers, the CST-Canada platform achieves one of the WHO's primary goals of increasing accessibility to early intervention for these groups.

Since its launch in 2017, CST-Canada has trained dozens of Master Trainers, who in turn offer the intervention to hundreds of families.

CST Training Model

Implementation of CST rests on a cascade training and continuous supervision model. This means that we work closely with service providers to ensure that they reach proficiency in CST strategies and can implement the intervention through their routine services.

We are inviting organizations across Canada to join the CST-Canada platform and identify at least two service providers to become CST Master Trainers (MT).

The MT Workshop is offered to specialist providers with at minimum post-secondary training in child development and experience with children with developmental disorders. Typically, two MT from a local site are paired to offer the CST groups and coaching visits.

Once trained and experienced in the intervention model, MTs can train others in their organization and local community as Facilitators, i.e., nonspecialist providers, thereby increasing the number of CST providers across Canada.

Spring 2024 MT Workshop Trainers

- [Marla Cable](#), CST Master Trainer, Resource and Training Centre Coordinator, Giant Steps
- [Rebecca Fenton](#), CST Master Trainer, Project Coordinator, Autism Yukon
- [Lucia Murillo Chacko](#), CST Focal Point, Associate Director, Clinical Services and Inclusion, Autism Speaks

CST MT Workshop Curriculum

The CST MT Workshop consists of 5 half-days didactic courses, followed by 4–5 interactive practice sessions:

Intensive Course	5 half-day courses April 8–12, 2024, daily from 1 p.m. to 4 p.m. EST (10 a.m. to 1 p.m. PST)	<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
Practice Sessions	4–5 interactive sessions April 23, May 7 and 21, and June 4 and 18, 2024, from 2 to 4 p.m. EST (10 a.m. to 1 p.m. PST)	<ul style="list-style-type: none"> • Focuses on improving fidelity to the CST intervention model via viewing and coding of intervention videos, and group discussions

Note: Trainees must record themselves practicing newly learned skills with several volunteer families representing CST’s target audience. These confidential recordings will be used to provide feedback to trainees and may be discussed during the Practice Sessions with MT Workshop Expert Trainers and peers.

Format: The MT Workshop is offered virtually, via MyCourses McGill.

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

Certification: Participants will receive Master Trainer certification for the WHO CST program once all the requirements of the training have been completed, including:

- Intensive course
- Practice sessions
- Submission of two videos demonstrating good knowledge of the CST model

Additional CST Information

1. [WHO site and documentation](#) | On the WHO site, you will find information about the Caregiver Skills Training (CST) Program and all its official documentation. This included the CST Participant and Facilitator guides, the Adaptation and Implementation Guide, among others.
2. [Info session on CST \(2022\)](#) | Lucia Murillo Chacko, Associate Director, Clinical Services and Inclusion at Autism Speaks, speaks about CST implementation considerations, including the time requirements for training and service delivery.
3. [Autism Speaks](#) | The [Autism Speaks site](#) presents information about CST for caregivers and for professionals, and links to many online resources such as their [QuickTips series](#) on YouTube and [podcast series](#).
4. [CST Canada interview with our MT trainers](#) | Read about CST from the perspective of Rebecca Fenton and Marla Cable, CST Master Trainers and supervisors.

Eligible Organizations and Service Providers

The 2024 MT Workshop is offered free of charge in Canada as part of a national research initiative to conduct research and build community capacity for early intervention across diverse settings, such as clinics, early childhood education and community centres.

The training is offered for free to Canadian organizations who:

- Are interested in participating in this research initiative and becoming a partner organization in upcoming Canadian research on CST
- Provide services to families and young children in Canada, especially those from marginalized communities
- Are interested in integrating the CST Program as part of their routine services and sustaining the intervention over time, including training local facilitators, at no cost to families
- Have the necessary experience to deliver early intervention for neurodevelopmental conditions, including autism
- Can attend all the sessions in the CST MT Workshop.

Important Steps and Dates

Steps	Dates	Deadline(s)
1	Review the CST information package	February 15 to March 20, 2024
2	Identify a minimum of two service providers from your organization to be trained as Master Trainers	
3	Schedule a meeting with a member of the CST-Canada Team by emailing trainingndd@mcgill.ca	
4	Complete and submit the MT Workshop application form AND provide resumes for each participant <i>Note:</i> The application should be completed by a manager or person responsible for decisions about the implementation of programs within the organization	Friday, March 22, 2024, 5 p.m. EST (2 p.m. PST)
5	Successful applicants will be notified of decisions by email	March 29, 2024

Martine Habra, PhD

Partnerships and Knowledge Mobilization

Transforming Autism Care Consortium (TACC)

The Neuro, McGill University

trainingndd@mcgill.ca



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