

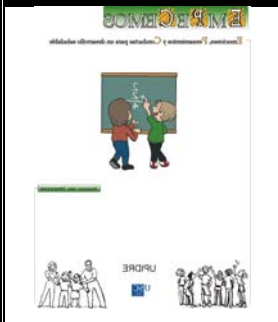
EmPeCemos:

Emociones, Pensamientos y Conductas para un desarrollo saludable

Teachers' component

Programmes structure

The “EmPeCemos” teachers’ programme was designed to be put into practice in small groups of participants (max. 8-9 persons) during 8 weekly sessions of approx. 60 minutes each. The skills to deal with during the programme are shown in the following table:

“EmPeCemos” Programme For Teachers	
	CONTENTS
	Promoting positive behaviour in school
	Cooperating effectively with the family
	Setting rules for the classroom
	Responding adequately to disruptive behaviour
	Controlling oneself in problem situations in the classroom

Aims of the programme

The main purpose of the teachers’ component of the “EmPeCemos” Programme is to improve teachers’ skills to handle children’s disruptive behaviour and promote positive attitudes. It also aims at improving communication between teachers and parents and setting consistent and co-ordinated behavioural patterns between family and school.

Programme's materials

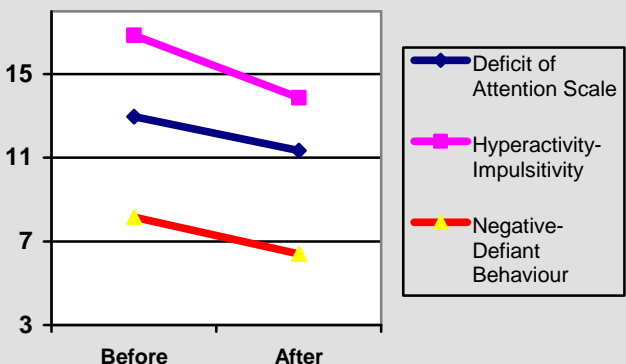
- 1) *Guide's Handbook*
- 2) *“Cards” and “Reminder notes” for the teachers*

Programme's methodology

The training techniques to be used in this programme include explanations, debates, sketches, trials during the sessions. Like in parents groups, a gradual shaping process is sought: teachers are informed on the corresponding technique and taught how to put it into practice. Afterwards, possible inconveniences of its application are discussed and finally, each new strategy is generalized in the classroom.

Evidences of effectiveness

The teacher's component of the "EmPeCemos" Programme has been successfully applied in Galicia on a sample of 208 participants and was evaluated in successive studies founded by the Spanish Directorate-General of Scientific and Technical Research, the María José Jove Foundation and the Spanish National Plan on Drugs between academic years 2005/06 and 2007/08. Among the results we have obtained up to now, the following ones are worth a mention:

SUMMARY OF MAIN RESULTS													
Target population	Parents of children in school-age (7-10 years old)												
Programme's extension	Eight weekly sessions and a monitoring session three months later												
Materials	Guide's Handbook and cards and reminder notes for teachers												
Guides	Technicians trained by UDIPRE												
	<p>Marks on the Scale of Disruptive Disorders before and after applying the teachers' component of the programme</p>  <table><caption>Data for Marks on the Scale of Disruptive Disorders</caption><thead><tr><th>Scale</th><th>Before</th><th>After</th></tr></thead><tbody><tr><td>Deficit of Attention Scale</td><td>13</td><td>11</td></tr><tr><td>Hyperactivity-Impulsivity</td><td>16</td><td>14</td></tr><tr><td>Negative-Defiant Behaviour</td><td>8</td><td>6</td></tr></tbody></table>	Scale	Before	After	Deficit of Attention Scale	13	11	Hyperactivity-Impulsivity	16	14	Negative-Defiant Behaviour	8	6
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Deficit of Attention Scale	13	11											
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Effectiveness	<ul style="list-style-type: none">➤ Favourable evolution of the behavioural problems of the participating children➤ Teachers' perception: positive changes in problematic children's self-esteem and in their ability to get on well with adults, follow rules and instructions, do school work and communicate with other people➤ Teachers give positive feedback on the programme												
Further information	udipre@usc.es												