



## Instructor Case Study Requirements For Certification

In order to help the learners you teach move beyond *becoming reliable* in the scales to *using* the scales in practice it is important that you use the scales prior to teaching. Within the next two months complete a case study using all the NCAST assessments which include the Feeding (two time points), Teaching (two time points), the Community Life Skills scale, the Difficult Life Circumstances scale, the Network Survey, the Sleep Activity Record and 4 parent handouts. These are to be used with *a family facing challenges* at three-four time points within 2 months following the workshop. The manuals, supplied at the workshop, will aid in your assessment, interpretation and intervention with the family.

For intervening with the Feeding and Teaching scales refer to the Step by Step Process found on page 139 of the Feeding Manual and page 138 of the Teaching Manual. Provide written documentation for all steps that apply to your family. Include any written materials (notes, handouts, etc.) you use with the family to strengthen, maintain or change behaviors. Use the enclosed black and white grid sheets (or develop your own electronic version) to record your observations and actions for each assessment done. Refer to the individual Personal Environment Assessment manuals and the Beginning Rhythms book to complete the PEA's and SAR. Please write a summary of your case study as an introduction and your overall experience. Be sure to keep a copy of your case study for you to use when you teach the intervention portion of your trainings.

Included in this packet are two Feeding scales and Worksheets, two Teaching scales and Worksheets, a Community Life Skills Scale, Network Survey, Difficult Life Circumstances Scale, Sleep Activity Record, and four parent handouts. You must use all the scales. There are two examples of Instructor Case Studies for you to review in your binders. We look forward to receiving your completed studies by **February 1, 2020**. Once we receive your case study and it is reviewed and approved, an Instructor's Certificate is awarded and you are then ready to teach others.