

**STANFORD PATIENT EDUCATION RESEARCH CENTER  
(SPERC)**

**Before attending a Stanford self management training...**

This introduction to Stanford Master trainings is intended for those who are considering attending a Master Trainer training for any of the Stanford programs listed below or for those who are either registered or in the process of registering for training. Organizations contracting with Stanford Patient Education Research Center for off-site trainings are responsible for distributing copies of this document to prospective training participants.

**STANFORD PROGRAMS**

Chronic Disease Self Management Program (CDSMP)	Programa de Manejo Personal de la Diabetes (Spanish DSMP)
Tomando Control de su Salud	Arthritis Self Help Program (ASHP)
Diabetes Self Management Program (DSMP)	Positive Self Management (PSMP)

**TRAINING SITES**

Stanford program trainings can and do take place at **Stanford University** campus in Palo Alto, California or in locations **across the United States of America and abroad.**

**TYPES OF TRAINING AND WHO MAY ATTEND THEM**

<b>Type of Training</b>	<b>Description</b>	<b>Best option for:</b>
<u>Full Trainings</u> 4.5 days.	Covers all community workshop activities and training activities	Those who have never attended Stanford trainings.
<u>Stand-alone Cross Trainings</u> 1 and 1.5 days Example: Someone certified in CDSMP interested in being certified in the Diabetes program takes a Diabetes cross training	Build upon a core program (Chronic Disease Self Management or Diabetes Self Management Program). Covers only the activities that the two programs do not have in common. Training activities.	Those who have completed training in CDSMP or Diabetes and who are certified (or in the process of being certified) as Master Trainers and wish to obtain another Master Trainer certification in another program.
<u>Full Trainings + Cross Training</u> 4.5 + 1.5 days Example: CDSMP+Diabetes training	A cross training for a second program is added to a full training of a core program for a total of 6 days.	Those who have never attended Stanford trainings and are interested in obtaining a Master Trainer certification in two programs
<u>Combo Trainings</u> 5 days Example: Tomando Control de su Salud and Diabetes Spanish	Combine activities from two programs into 5 days	Those who have never attended Stanford trainings and are interested in obtaining a Master Trainer certification in two different programs

## OUR TRAIN THE TRAINER SYSTEM

- Leaders Teach / Facilitate community workshops for people with chronic diseases
- Master Trainers In addition to what Leaders do, Master Trainers train Leaders
- T-Trainers In addition to what Master Trainers do, T-Trainers train Master Trainers

## TRAINING FORMAT

- All of Stanford program trainings are conducted by two certified T-Trainers (those who train Master Trainers). Trainings include Workshop Activities and Training Activities:
- Workshop activities are identical to activities in the program taught to people with chronic diseases when the program is offered to the community. Trainees are asked to act as people with chronic diseases in a class and to experience the activities just as regular people would when they attend a workshop sessions in their communities. They are encouraged to ask questions as participants with chronic conditions would.
- Training activities are designed to review and discuss the workshop activities. During Training activities trainees can be themselves (trainees) and ask questions about training, implementation and administration of the program.
- Assuming this double role may be confusing for some trainees. It may take a day or two until it becomes a normal occurrence. If and when needed, trainers will remind or clarify this for the group.
- Stanford trainings are not of the “Sit and Listen” type. Trainings are interactive and dynamic. Trainees are expected to participate actively during training. Because training is intense, trainees should not plan to do any other work during the days of training. Some people may feel overwhelmed by the amount of information given to them and the participation requirements.

## THEORETICAL FRAMEWORK

All Stanford programs rest conceptually on Albert Bandura’s Social Learning Theory most particularly in the self-efficacy construct. In addition, Stanford programs are based on or aligned with concepts of self management, community-based health education, community health workers and an empowerment philosophy.

## WHAT IS EXPECTED OF ME (as a potential participant) BEFORE THE TRAINING?

- To read this 4-page Introduction document
- It is highly recommended that you also review (or read if you want) the Implementation Manual (downloadable from <http://patienteducation.stanford.edu>)
- To ask your local sponsor or coordinator about their plans in regard to this program and expectations of you as a Leader/Master Trainer
- Make your own decision to attend training. If someone has asked you to attend, make sure you know about the type of training you will be attending and what is expected of you before you attend.
- It is highly recommended that you have scheduled workshops to teach within 2 months of completion of your training.

## WHAT IS EXPECTED OF ME (as a trainee) DURING TRAINING?

- Stanford trainings start on time. It is expected that all trainees arrive on time in the morning, after breaks and lunches.
- Trainees are expected to attend all days and full days. Exceptions could be made only under extraordinary circumstances and at the discretion of both trainers conducting the training and the Stanford's Training Director.
- All trainees are required to demonstrate their understanding of the program and their facilitation skills by participating in two (one for cross-trainings) Practice Teaching sessions.
- Quality of performance during those sessions is the basis for recommendation for Master Trainer certification. In the event someone is not recommended for certification trainers will offer specific feedback and recommendations. Those that do not demonstrate skills at the level expected in key program activities and processes will not be recommended for certification. Trainers may also recommend that you teach more than the basic number of workshops (see next section) in order to be considered for certification. Trainer may also recommend trainees to be a Leader but not a Master Trainer. In the future, you may decide to take the Master Training again.

## WHAT IS EXPECTED OF ME (as a trained prospective Master Trainer) AFTER THE TRAINING?

- Completion of training is only part of what is required to obtain a Master Training Certification.
- After the training, you will be required to teach: 1) at least two (3 if being trained in two programs) full workshops (each workshop consists of 6 sessions), 2) send the Master Trainer Authorization Form to Stanford and 3) wait to receive notice of your Master Training Certification. It is not until then that you will be certified to conduct leader trainings.
- You may be required to teach more than the minimum indicated above at the discretion of the T-Trainer
- In order to maintain your certification, you will be required to teach and or conduct a leader training at least once every 12 months.

## IS THIS TRAINING FOR ME?

- I believe that people have the right to receive information and to make their own decisions (even if they are not perfect decisions), particularly on health issues.*
- I see myself as a facilitator of a process for people who want to self-manage their chronic conditions*
- I am comfortable with public speaking*
- I am comfortable with being evaluated in front of a group*
- I welcome constructive feedback*
- I am aware that training is intensive and will require physical and mental energy*
- I like interactive trainings over "sit and listen" types of trainings*

If you checked all of the above questions as being true for you, the chances that you would like, enjoy and do well in Stanford trainings are fairly high.