

Recommended Standards for Independent Practice of the Watch, Wait, and Wonder® Intervention [1999]©

Mirek Lojkasek, Ph.D., C. Psych.
Nancy J. Cohen, Ph.D., C. Psych.
Elisabeth Muir, B.Sc.

It is the ethical and legal responsibility and their obligation to the client and family for anyone who uses the Watch, Wait, and Wonder intervention to ensure that they are fully trained in the method. Towards this end, we are outlining minimal requirements as recommendations for training in Watch, Wait, and Wonder before independent practice. While these are recommendations, individuals should recognize that the practice of technique without proper training is not acceptable to all regulatory bodies, for example the College of Psychologists, College of Physicians and Surgeons. Furthermore, it is to the advantage of all individuals who practice the Watch, Wait, and Wonder intervention to ensure that they have full training in order to protect the high quality and standards of the method and the name. People should also be aware that the use of the name Watch, Wait, and Wonder is trademarked and that we expect that those who use the name of Watch, Wait, and Wonder in their practice have received full training. Minimal standards for training include the following:

1. Fulfil certain prerequisite:

- A. Course work in child development and developmental psychopathology.
- B. Course work and practice with methods of counselling and psychotherapy.

2. Demonstrated knowledge of:

- A. Theory and technical aspects of the Watch, Wait, and Wonder intervention.
- B. Observation methods.

These can be obtained through taking both the Introductory and Advanced workshops in the Watch, Wait, and Wonder intervention or training on a team specializing in Watch, Wait, and Wonder.

3. Supervised practice by an approved practitioner of the Watch, Wait, and Wonder Intervention on three cases. Typically, supervision should involve infants of different ages (i.e., 6 to 12 months, 12 to 24 months, and 24 to 48 months). If practice is to be extended to older children, two additional supervised cases of children older than 4 years should be undertaken. The minimum number of Watch, Wait, and Wonder sessions to count as a case is 8 (not including assessment or family review). One of the cases should be at least 18 sessions long.

A typical course of training would be as follows. Individuals will take an Introductory Workshop/Course and study, in detail, the Watch, Wait, and Wonder Manual. Study of the Manual alone is insufficient as an introduction because the Workshop/Course focuses on practice in observations using videotaped case material. Subsequently, individuals should take on 1-2 Watch, Wait, and Wonder cases. These should be supervised by an approved practitioner knowledgeable in practice of the Watch, Wait, and Wonder intervention. When this is not possible, peer supervision must be in place. In this case, a peer is defined as someone else who has also taken the workshop. Additionally, there should be another clinical supervisor who would be available particularly to help deal with countertransference issues. Individuals will need to do a case presentation at an Advanced Workshop/Course and receive group supervision. Further knowledge

also will be gained in the Advanced Workshop/Course through exposure to the work of others.

Finally, following completion of the Introductory and Advanced workshop/Course, individuals must take on one or more supervised practice cases. In this case, the supervisor must be an approved Watch, Wait, and Wonder training supervisor. For those individuals who train on a Watch, Wait, and Wonder intervention Team, most of these requirements will be met. However, it is unlikely that all requirements can be met in this way and further supervision will be necessary.

Teaching the Watch, Wait, and Wonder Intervention without permission or being a certified trainer is always unacceptable.

Reproduced for Training Watch, Wait, and Wonder® Intervention Australasia [2010] ©