



Dissemination & Implementation of Well Parent Japan

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What is the problem?

Attention deficit hyperactivity disorder (ADHD) is a common neurodevelopmental disorder that has significant and lasting negative effects on the affected *child*, their *family*, and the *wider community*. ADHD is associated with increased levels of parenting stress, less effective parenting practices, disruptions to the parent-child relationship and significant financial burden. Internationally, behavioral parent training is recommended as the first treatment for younger children with ADHD and in combination with pharmacotherapy for older children. Currently Japan lacks empirically supported specialist parent training programs targeting the complex needs of Japanese families with ADHD. This includes limited training and supervision for therapists providing parent training.

What is your solution?

To address the need for specialist parent training for ADHD in Japan we developed Well Parent Japan (WPJ): an empirically supported suite of training programs created AND evaluated in Japan with stakeholder involvement (parents and therapists) to address the specific needs of families (children and parents), therapists, and provider agencies managing ADHD. WPJ incorporates (1) a *Parent program*, a group administered program to support parent wellbeing and teach developmentally sensitive parenting skills; (2) a *Therapist program*, that provides training and supervision to deliver the Parent Program; and (3) a *Train the Trainer program* to train experienced WPJ therapists to train others. A *Teacher program* to support classroom teachers of children with ADHD is in development. POC funding is supporting establishment of a WPJ implementation plan that removes barriers to engagement and facilitates WPJs use within the Japanese healthcare, welfare and education systems.

Keywords: Attention Deficit Hyperactivity Disorder (ADHD), Parent Training, Well Parent Japan, (WPJ), Dissemination



Figure 1. Dr Shimabukuro demonstrating attending



Figure 2. The team filming the scenes that will be included in the WPJ training materials

Other resources

- [OIST news](#)
- [Publication list](#)
- [Unit website](#)

Contribution to SDGs

