

DR. CAROLYN WEBSTER-STRATTON BIOGRAPHICAL INFORMATION

Dr. Carolyn Webster-Stratton is Professor and Director of the Parenting Clinic at the University of Washington. She is a licensed clinical psychologist and nurse-practitioner and over the past 30 years has conducted numerous randomized control group studies to evaluate the effectiveness of intervention programs for promoting social and emotional competence, school readiness skills and preventing conduct problems in high risk populations. She has also evaluated teacher, parent and child treatment programs for children diagnosed with Oppositional Defiant Disorder, Conduct Disorder and ADHD.

She has developed the Incredible Years Series which include separate training programs, intervention manuals and DVDs for use by trained therapists, teachers and group leaders to promote children's social competence, emotional regulation and problem solving skills and reduce their behavior problems. The objectives of these interventions are to help parents and teachers provide young children (0-12 years) with a strong emotional, social and academic foundation so as to achieve the longer term goal of reducing the development of depression, school drop out, violence, drug abuse and delinquency in later years.

She has published numerous scientific articles and chapters as well as a book for parents entitled, *The Incredible Years: A trouble shooting guide for parents of children aged 2 – 8 years*, a book for teachers entitled, *How to promote children's social and emotional competence*, a book for therapists entitled, *Troubled Families-Problem Children*, and four books for children concerning problem-solving, anger management and learning problems. These interventions have been translated in many languages and are being used in over 15 countries and have received many awards including the 1997 National Mental Health Lela Rowland Prevention Award for best mental health prevention program, the Office of Juvenile Justice Delinquency Prevention "Blueprint" award and the Department of Health and Social Services, Center for Substance Abuse Prevention award for "exemplary" interventions. Dr Webster-Stratton has been the recipient of the prestigious National Mental Health Research Scientist Award.