

Outline

Getting Started: How to Develop a Successful Parenting Program

Who is a good candidate for parent training?
“Selling” parents on the program’s effectiveness!
The most common mistakes to avoid
How to teach parenting principles in an accessible way
Limitations of the research and potential risks

Session 1: A Short Course in Behavioral Psychology

Parenting principles that drive the whole curriculum
Why parents should focus on behavior only
Basic tenets of behavioral psychology – and what it means for parents
Identify target behavior and establish baseline
Homework assignment #1

Session 2: Help Parents Discover Their Role in the Behavior

Helpful v. unhelpful parental qualities
Parenting styles: Authoritative, authoritarian, permissive-indulgent/neglectful
Strategies for teaching parents about themselves in non-shaming manner
Homework assignment #2

Case Study: Young father with self-esteem on the floor

Session 3: The Negative Attention Cycle: Putting All the Energy in the Wrong Place

Which comes first – stopping the negative behavior or starting the positive?
Helping parents understand the power of reinforcement
Contingency contracting, schedules of reinforcement, fading
“Islands of Competence”
Homework assignment #3

Case Study: Behave well on Tuesday for a reward on Saturday...?

Objectives

1. Utilize strategies to motivate parents to engage in effective child behavior management techniques.

2. Apply fundamental principles of behavioral psychology to help parents re-structure their approach to behavior management and improve outcomes.

3. Differentiate between the three most common parenting styles; provide psychoeducation to parents regarding how this impacts the child’s behavior.
4. Determine the role of the “negative attention cycle” as it relates to the child’s target behavior(s).

5. Utilize reinforcement strategies including schedules, fading and contingency contracts to improve problematic behavior.

6. Develop behavior management strategies with clients/families that are realistic, developmentally appropriate, and effective.

Session 4: Develop Responsible Behavior at Any Age

Match appropriate behavior to developmental stage
Teach parents how to elicit behavior they want to see
“If you must make your kid be responsible, they’re not!”
Homework assignment #4
Case Study: Mother who does her child’s homework

Session 5: Decrease Inappropriate and Undesirable Behavior

Logical/natural consequences for problematic behavior
Is the behavior dangerous or destructive?
Principles of extinction
Punishment – types and effectiveness
Homework assignment #5
Case Study: Parent who forgot the misdeed but kept the consequence

Session 6: Pull it All Together, Celebrate Success, Plan for the Future

How to debrief in a way that encourages ongoing success
Troubleshooting: What to do when...

- Homework isn’t completed
- Only one parent is on board
- Behavior worsens
- And more!

Tools and strategies for ongoing prevention
When it’s more than behavior: When and how to refer for mental health care

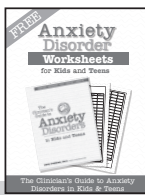
Live Webinar Schedule
(Times listed in Pacific)

8:00 Program begins
11:50-1:00 Lunch Break
4:00 Program ends

There will be two 15-min breaks (mid-morning & mid-afternoon).
Actual lunch and break start times are at the discretion of the speaker.
A more detailed schedule is available upon request.

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THE CLINICIAN’S GUIDE TO PARENT TRAINING

Anyone working with kids knows that getting parents to effectively respond to the child’s problematic behavior is paramount to restoring relationships, decreasing everyone’s frustration, meeting treatment goals, and improving the family’s daily life.

But unless and until you can teach parents the HOW and WHEN of effective behavior management in a way that’s accessible and realistic, the chances of seeing improvement in any of these areas are extremely low.

Join Dr. Larry Waldman, psychologist and parenting expert, as he walks you through his highly successful, **session-by-session framework using proven applied behavioral psychology techniques** designed to teach parents how to:

- End tantrums, power struggles and defiance with realistic, logical interventions that work
- Recognize how their reaction to challenging behavior only exacerbates the problem
- Set boundaries and follow through on consequences with confidence and consistency
- Understand the dynamic of the “negative attention cycle” – and how to stop it!
- And more!

Don’t miss this 1-day unique opportunity to master Dr. Waldman’s 6-session evidence-based behavior management curriculum. You’ll become the go-to resource for parents and caregivers! **Sign up today!**

“An awesome, informative presentation! I plan on implementing a parenting workshop at my school site. Dr. Waldman provided the tools to get me started.” – Sharon, school psychologist

Target Audience:

Counselors • Social Workers • Psychologists • Marriage and Family Therapists
Addictions Professionals • Educators • School Counselors • School Psychologists
Other Professionals Who Work with Children/Families (ages 0-12)

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SPEAKER

Larry Waldman, Ph.D., ABPP, is a semi-retired certified school psychologist and licensed clinical, forensic psychologist in Phoenix, Arizona, where he developed a successful private practice of 45 years, working with children, teens, parents, couples, and adults in a solution-focused manner. A sought-after speaker, Dr. Waldman has presented hundreds of professional seminars for psychologists, family therapists, counselors, social workers, school psychologists and school counselors; one of his signature program is “Teaching Parents to Parent”. Dr Waldman also provides community trainings on parenting, marriage, stress, depression and anxiety, wellness, grandparenting and psychotherapy.

Dr. Waldman was the past president of the Maricopa Psychological Society, the director of psychological services for Charter Psychiatric Hospital of Glendale and was an “Official Guide” (top expert) on Parenting for SelfGrowth.com. He is an adjunct graduate professor in the counseling and educational psychology departments for Ottawa University, and serves on the professional advisory board of Stepping Stones of Hope, a charitable organization serving children whom have lost a parent. Waldman is the co-chair of the early career psychologists committee with the Arizona Psychological Association (AzPA).

An accomplished author, Dr. Waldman’s work has been featured in both local Phoenix media and national press, including six books: *Who’s Raising Whom? Coping with Your Adolescent; How Come I Love Him But Can’t Live with Him? The Graduate Course You Never Had; Too Busy Earning a Living to Make Your Fortune?* and *Overcoming Your Negatiaphobia: Negotiating Through Your Life*, and the forthcoming *Don’t Hate Your Ex More than You Love Your Kid*. Dr. Waldman earned his BS in education/psychology from the University of Wisconsin; his MS in school psychology from the University of Wisconsin-Milwaukee; his Ph.D. in educational/school psychology at Arizona State University; and his Diplomate (ABPP) was received in 2003.

Speaker Disclosures:

Financial: Larry Waldman is an adjunct graduate professor in the Counseling and Educational Psychology Departments for Ottawa University, and serves on the professional advisory board of Stepping Stones of Hope. He receives royalties from various publications. Dr. Waldman receives a speaking honorarium from PESI, Inc.

Non-financial: Larry Waldman is the co-chair of the Early Career Psychologists Committee with the Arizona Psychological Association (AzPA).

CE CREDITS AVAILABLE FOR LIVE WEBINAR

This continuing education activity is designed to meet state board requirements for the following professionals: **Counselors, Educators, Marriage and Family Therapists, Psychologists, and Social Workers.**

For specific credit approvals and details, visit pesikids.com/webcast/85818

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Credits listed are for full attendance at the live webinar only. The CE certificate can be downloaded/printed after completing the webinar and passing the online post-test evaluation (80% passing score). Please see schedule for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

ACE

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Recommended Reading:



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125 Activities Therapists Use to Reduce Meltdowns, Increase Positive Behaviors & Manage Emotions
~~\$19.99~~ **\$14.99***
PUB085510



Peaceful Parent, Happy Kids Workbook
Using Mindfulness and Connection to Raise Resilient, Joyful Children and Rediscover Your Love of Parenting
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