

Parent Effectiveness Training The Proven Program For Raising Responsible Children Edition 30th Edition By Thomas Gordon Paperback2000i 1 2 | 1 2

“An encyclopedic exploration of the most effective methods for giving children the courage to realize their full potential.” – ADELE FABER, author of How to Talk So Kids Will Listen & Listen So Kids Will Talk WINNER: Nautilus Book Award, Foreword Indies Award, Independent Publishers Book Award, Readers Choice Award, National Indie Excellence Award and Family Choice Award. NEW TOOLS AND A GROUNDBREAKING FORMULA FOR SOLVING VIRTUALLY ANY PARENTING CHALLENGE WITHOUT PUNISHMENTS, REWARDS OR BRIBERY. ParentShift is an award-winning book that marries modern research and science with the work of some of the greatest child psychologists of our time. The advice, which applies to children of any age, is built into a flexible, common-sense approach. Unlike any other parenting book on the market, ParentShift transforms families by showing parents precisely how to solve short-term challenges, prevent long-term problems and build strong relationships with kids – all at the same time. In this book, readers will learn to:

- Respond thoughtfully to outbursts and tantrums.*
- Set age-appropriate limits and boundaries.*
- Prepare children to meet life’s challenges.*
- Ensure kids become strong boundary-setters.*
- Curtail power struggles and sibling rivalry.*
- Move beyond timeouts, reward charts and other outdated tactics.*
- Build open, trusting parent-child bonds that keep kids turning to parents, instead of peers, for guidance.*

Now updated with new material throughout, Alicia F. Lieberman’s The Emotional Life of the Toddler is the seminal, detailed look into the varied and intense emotional life of children aged one to three. Hailed as “groundbreaking” by The Boston Globe after its initial publication, the new edition includes the latest research on this crucial stage of development. Anyone who has followed an active toddler around for a day knows that a child of this age is a whirlwind of explosive, contradictory, and ever-changing emotions. Alicia F. Lieberman offers an in-depth examination of toddlers’ emotional development,

and illuminates how to optimize this crucial stage so that toddlers can develop into emotionally healthy children and adults. Drawing on her lifelong research, Dr. Lieberman addresses commonly asked questions and issues. Why, for example, is "no" often the favorite response of the toddler? How should parents deal with the anger they might feel when their toddler is being aggressively stubborn? Why does a crying toddler run to his mother for a hug only to push himself vigorously away as soon as she begins to embrace him? This updated edition also addresses twenty-first century concerns such as how to handle screen time on devices and parenting in a post-internet world. With the help of numerous examples and vivid cases, Lieberman answers these and other questions, providing, in the process, a rich, insightful profile of the roller coaster emotional world of the toddler.

This practical guide offers mental health professionals a detailed, step-by-step description on how to conduct Parent-Child Interaction Therapy (PCIT) - the empirically validated training program for parents with children who have disruptive behavior problems. It includes several illustrative examples and vignettes as well as an appendix with assessment instruments to help parents to conduct PCIT.

How many parents have found themselves thinking: I can't believe I just said to my child the very thing my parents used to say to me! Am I just destined to repeat the mistakes of my parents? In Parenting from the Inside Out, child psychiatrist Daniel J. Siegel, M.D., and early childhood expert Mary Hartzell, M.Ed., explore the extent to which our childhood experiences actually do shape the way we parent. Drawing upon stunning new findings in neurobiology and attachment research, they explain how interpersonal relationships directly impact the development of the brain, and offer parents a step-by-step approach to forming a deeper understanding of their own life stories, which will help them raise compassionate and resilient children. Born out of a series of parents' workshops that combined Siegel's cutting-edge research on how communication impacts brain development with Hartzell's thirty years of experience as a child-development specialist and parent educator, Parenting from the Inside Out guides parents through creating the necessary foundations for loving and secure relationships with their children.

Parent Management Training

The Program Proven to Help Teachers Bring Out the Best in Students of All Ages

An Empirically Supported Treatment

Parenting Matters

1-2-3 Magic

P.E.T. in Action

The Classic Work on Improving Parent-Child Relations--Intelligent, Humane, and E minently Practical

For nearly thirty years, Teacher Effectiveness Training, or the T.E.T. book, based on Dr. Thomas Gordon's groundbreaking program, has taught hundreds of thousands of teachers around the world the skills they need to deal with the inevitable student discipline problems effectively and humanely. Now revised and updated, T.E.T. can mean the difference between an unproductive, disruptive classroom and a cooperative, productive environment in which students flourish and teachers feel rewarded. You will learn: • What to do when students give you problems • How to talk so that students will listen • How to resolve conflicts so no one loses and no one gets hurt • How to best help students when they're having a problem • How to set classroom rules so that far less enforcement is necessary • How to increase teaching and learning time

A book and online profile that identifies a couple's strengths to help them build a more vital relationship. Based on an unprecedented national survey of 50,000 marriages, The Couple Checkup presents the principles for creating a successful couple relationship. The free online profile includes fifteen to twenty categories that are customized based on the relationship stage-whether dating, engaged, or married-the age, and whether or not children are involved. The book also includes the SCOPE Personality Profile and the Couple and Family Map of the relationship. Each chapter of the book matches a category in the free individual profile. While the book stands on its own, using the Couple Checkup with the book provides the maximum benefit. In addition, each chapter contains couple exercises to help build couple strengths in a variety of areas.

Draws on the author's Positive Parenting Solutions online course to explain how to correct negative behaviors in children, introducing the psychological theories of Alfred Adler on using empowerment to promote healthy child development.

When you raise a girl who likes herself, everything else follows. She will strive for excellence because she has faith in her ability to achieve it and the confidence to pick herself up. She will nurture her physical and mental health because it's natural to care for something you love. She will insist on healthy relationships because she believes she deserves nothing less. She will be joyful and secure, knowing that her greatest friend and most capable ally is herself. Raising Girls Who Like Themselves details the seven qualities that enable girls to thrive and arm themselves against a world that tells them they are flawed. Packed with practical, evidence-based advice, it is the indispensable guide to raising a girl who is happy and confident in herself. Free of parental guilt and grounded in research, Raising Girls Who Like Themselves is imbued with the warmth and wit of a mum and dad who are in the same parenting trenches as you, fighting for their daughters' futures.

What Every Parent Should Know

The Revolutionary Program That Gets Your Kids to Listen Without Nagging, Remindi Ng, Or Yelling

How Parents Boost Their Teen's Success In and After Treatment

The Nurturing Parenting Programs

Parenting From the Inside Out

The Proven Program for Raising Responsible Children

Parenting with Love and Logic

Parenting teenagers can be exhausting and often troubling. This is especially true if your child seems depressed, is engaging in self-harm, or simply refuses to get out of bed for school or do homework. It's only natural for you to be concerned when your teen starts acting out violently or gets involved in dangerous online activities. But there's no need to panic. With Dr. Candice Feinberg's help you can still raise a healthy, independent teenager, even if you're a single parent doing it on your own. Inspired by Dr. Feinberg's years of experience working with teenagers and their families, No Parent Left Behind provides practical advice and much-needed guidance based on the principle of parenting out of love rather than fear. The real-world examples and proven approaches included in this invaluable volume will enable you to better understand your individual situation and tackle your child's problematic behaviors. And it all begins with love.

L.E.T. has changed countless corporations and private businesses-including many Fortune 500 companies-with its down-to-earth communication and conflict resolution skills. Now, this indispensable source has been newly revised with updated research and timely case studies.

*A perennial bestseller from a leading authority, this book provides an effective 10-step program for training parents in child behavior management skills (ages 2 to 12). Professionals get proven tools to help parents understand the causes of noncompliant, defiant, oppositional, or socially hostile behavior at home or in school; take systematic steps to reduce it; and reinforce positive change. Comprehensive assessment guidelines are included. In a large-size format for easy photocopying, the volume features numerous reproducible parent handouts and two rating scales (the Home Situations Questionnaire and the School Situations Questionnaire). Purchasers get access to a Web page where they can download and print the reproducible materials. New to This Edition *Reflects 15 years of research advances and the author's ongoing clinical experience. *Fully updated model of the nature and causes of oppositional defiant disorder (ODD). *Revised assessment tools and recommendations. *The latest data on the program's effectiveness. *Spanish-language versions of the parent forms are available online for downloading and printing (www.guilford.com/p/barkley4). See also the related title for parents: *Your Defiant Child, Second Edition: Eight Steps to Better Behavior*. For a teen focus, see also *Defiant Teens, Second Edition* (for professionals), and *Your Defiant Teen, Second Edition* (for parents), by Russell A. Barkley and Arthur L. Robin.*

*The celebrated Positive Discipline brand of parenting books presents the revised and updated third edition of their readable and practical guide to communicating boundaries to very young children and solving early discipline problems to set children up for success. Over the years millions of parents have used the amazingly effective strategies of Positive Discipline to raise happy, well-behaved, and successful children. Research has shown that the first three years in a child's life are a critical moment in their development, and that behavior patterns instilled during that time can have profound implications for the rest of a child's life. Hundreds of thousands of parents have already used the advice in *Positive Discipline: The First Three Years* to help set effective boundaries, forge strong foundations for healthy communication, and lay the groundwork for happy and respectful relationships with their young children. Now this classic title has been revised and updated to reflect the latest neuroscientific research and developments in positive discipline parenting techniques.*

Teaching Children Responsibility

With No Pills, No Therapy, No Contest of Wills
Positive Discipline: The First Three Years, Revised and Updated Edition

The Big Book of Parenting Solutions
Find Your Relationship Strengths
Discipline That Works

This is the first book to provide a multidisciplinary, critical, and global overview of evidence-based parenting education (PEd) programs. Readers are introduced to the best practices for designing, implementing, and evaluating effective PEd programs in order to teach clients how to be effective parents. Noted contributors from various disciplines examine evidence-based programs from the U.S., Canada, Europe, Asia, Australia, as well as web-based alternatives. The best practices used in a number of venues are explored, often by the developers themselves. Examples and discussion questions encourage application of the material. Critical guidance for those who wish to design, implement, and evaluate PEd programs in various settings is provided. All chapters feature learning goals, an introduction, conclusion, key points, discussion questions, and additional resources. In addition to these elements, chapters in Part III follow a consistent structure so readers can easily compare programs—theoretical foundations and history, needs assessment and target audience, program goals & objectives, curriculum issues, cultural Implications, evidence-based research and evaluation, and professional preparation and training issues. The editor has taught parenting and family life education courses for years. This book reviews the key information that his students needed to become competent professionals. Highlights of the book's coverage include: Comprehensive summary of evidence-based PEd training programs in one volume. Prepares readers for professional practice as a Certified Family Life Educator (CFLE) by highlighting the fundamentals of developing and evaluating PEd programs. Exposes readers to models of parenting education from around the world. The book opens with a historical overview of PEd development. It is followed by 20 chapters divided in four parts. The initial six chapters focus on fundamentals of parenting education --program design, implementation, evaluation, the role of mediators and moderators, as well as the U.S. Cooperative Extension Parent Framework. The three chapters in Part II review the latest status of parenting education in Europe, Asia, and web-based alternatives. Part III presents ten stellar, evidence-based parenting programs offered around the world. In addition to the learning goals, introduction, conclusion, key points, discussion questions, and additional resources that are found in all chapters, those in Part III also consider theoretical foundations and history, needs assessment and target audience, program goals & objectives, curriculum issues, cultural Implications, evidence based research and evaluation, and professional preparation and training issues. Part IV reviews future directions. Ideal for advanced undergraduate or graduate courses in parent education, parent-child relations, parenting, early childhood or family life education, family therapy, and home, school, and community services taught in human development and family studies, psychology, social work, sociology, education, nursing, and more, the book also serves as a resource for practitioners, counselors, clergy members, and policy makers interested in evidence based PEd programs or those seeking to become CFLEs or Parent Educators.

UPDATED 2019 EDITION • The pioneering book that's guided millions of parents to more effectively resolve conflicts, communicate, and create loving relationships with their children—from Nobel Peace Prize nominee Dr. Thomas Gordon P.E.T., or Parent Effectiveness Training, began in 1962 as the first national parent-training program to teach parents how to communicate more effectively with kids and offer step-by-step advice to resolve family conflicts so everybody wins. This beloved classic is the most studied, highly praised, and proven parenting program in the world—and it will work for you. Now revised and updated, this groundbreaking guide will show you: • How to avoid being a permissive parent • How to listen so kids will talk to you and talk so kids will listen to you • How to teach your children to “own” their problems and to solve them • How to apply the “No Lose” method to resolve conflicts Using the timeless methods of P.E.T. will have immediate results: less fighting, fewer tantrums and lies, no need for punishment. Whether you have a toddler striking out for independence or a teenager who has already started rebelling, you’ll find P.E.T. a compassionate, effective way to instill responsibility and create a nurturing family environment in which your child will thrive.

This indispensable manual presents an easy-to-implement intervention with proven effectiveness for children with ADHD in grades 3 to 5. Organizational skills training helps kids develop essential skill sets for organizing school materials, tracking assignments, and completing homework and other tasks successfully. Clinicians are provided with detailed session-by-session instructions and all of the tools needed to implement the program in collaboration with parents and teachers. In a large-size format for easy photocopying, the book includes nearly 100 reproducible handouts and forms. Purchasers also get access to a Web page where they can download and print the reproducible materials. See also the related parent guide from Gallagher et al., *The Organized Child: An Effective Program to Maximize Your Kid's Potential/m-/in School and in Life.*

Provides parents with a method of handling the problems and conflicts that arise while raising children.

Effective Discipline for Children 2-12

The Parallel Process

PET ; the Tested New Way to Raise Responsible Children

The Couple Checkup

Growing Alongside Your Adolescent Or Young Adult Child in Treatment

Parent Effectiveness Training

Nonviolent Communication Helps Schools Improve Performance, Reduce Conflict, and Enhance Relationships

Parent Effectiveness Training The Proven Program for Raising Responsible Children Harmony

Addressing the need for a dynamic change in the formula schools use to mold their students, this groundbreaking guide provides a new approach to education that serves the lives of everyone in the learning community. By implementing the unique communication skills outlined, educators can promote cooperation and understanding and address many of the complex problems faced in the classroom. Teachers will learn new skills to increase student interest, achievement, and retention, as well as create a safe and supportive learning and working atmosphere. They are also given strategies for cultivating emotional

intelligence, respect, authenticity, and empathy and are empowered to resolve conflict and prevent or defuse violence. The end result helps teachers rediscover the joy of teaching motivated students. Raising a child with ADHD can be distressing and exhausting for the whole family. But given the appropriate knowledge, and the right tools, parents can intervene to manage their child's behaviour, leading to improved relationships at home and, it is hoped, a more successful time at school. This simple, flexible six-step programme is full of tried-and-tested ideas for parents and professionals supporting families of young children with ADHD. By practicing the techniques and strategies, parents will gain confidence in their parenting and, over time, will improve the child's management of the condition. The programme includes games that will help improve the child's attention, exercises to develop patience and tips for supporting the child in successful self-organization. There are also plenty of useful ideas for developing communication between parents and schools. Based on research and extensive clinical experience, Step by Step Help for Children with ADHD will help families to adapt their parenting to the child, improving relationships and behaviours in the home and at play group. Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research

to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

If I Have to Tell You One More Time...

Step by Step Help for Children with ADHD

Teacher Effectiveness Training

Raising Girls Who Like Themselves

Not by Chance

Children: the Challenge

Leader Effectiveness Training: L.E.T. (Revised)

Designed to help parents to take charge of their home, offers tips on how to recognize six types of testing and manipulating behavior and how to constructively handle misbehavior at home and in public.

A guide to raising children covers the principles of adapting a parenting style to match a particular child's needs, establishing a structure and limits, and promoting such qualities as honesty, kindness, and independence.

Parenting for a Peaceful World is a fascinating look at how child-rearing customs have shaped societies and major world events. It reveals how children adapt to and are influenced by different parenting styles and how safeguarding their emotional development is the key to creating a more peaceful, harmonious and sustainable world. Practical advice for raising a well-adjusted child includes tips on supporting your child's developing emotional intelligence, understanding how your childhood has influenced your own emotional make-up, and helping you achieve your full parenting potential.

Drawing on leading edge brain research, child-development studies, psycho-history, and personal and clinical experience, this completely revised and updated edition of Parenting for a Peaceful World is a must-read for parents, child health professionals, teachers, and for adults seeking to heal and grow.

Your struggling teenager is going to a residential or wilderness treatment program. Their addictions, learning disabilities, or emotional/behavioral issues have brought you to a moment of decision. Heartsick, anxious, and exhausted, questions bounce endlessly around your mind, "Will this work? Was this really necessary? Will she ever forgive me? Can we handle him at home when the time comes?" Dr. Tim Thayne delivers the answers in his groundbreaking book Not by Chance. As an owner/therapist of wilderness and residential programs, Thayne was frustrated when young people made monumental progress, only to return home where things quickly unraveled. His mission became to vastly improve long-term success by crafting and proving a model to coach parents on their power to lead out through full engagement during treatment and management of the transition home. Not by Chance engages readers through solid research, simple exercises, and captivating stories taken from Thayne's own life and the living rooms of hundreds of American homes. This book serves up concrete tools, hope, confidence, and stamina for families, professionals and mentors. Topics include: • Why good programs work • How to boost—not undermine—treatment • Nine dangers waiting after discharge • How to identify natural mentors for your teen • What to do when the testing begins • When and how to grant back privileges and freedoms • How to ease your young adult's transition from treatment to independent living • When you know you've

succeeded If you are even considering out-of-home treatment for your teen, do not gamble with the outcomes. Not by Chance should claim its rightful place on your nightstand.

Life-Enriching Education

"L.E.T."

A Clinician's Manual for Assessment and Parent Training

The Kazdin Method for Parenting the Defiant Child

P.E.T., Parent Effectiveness Training

Toilet Training in Less Than a Day

Teaching Children Self-discipline--at Home and at School

Children: The Challenge gives the key to parents who seek to build trust and love in their families, and raise happier, healthier, and better behaved children.

Based on a lifetime of experience with children—their problems, their delights, their challenges—Dr. Rudolf Dreikurs, one of America's foremost child psychiatrists presents an easy-to-follow program that teaches parents how to cope with the common childhood problems that occur from toddler years through early adolescence. This warm and reassuring reference helps parents to understand their children's actions better, giving them the guidance necessary to discipline lovingly and effectively, all while fostering a healthy environment in which children will grow and develop into successful teenagers and adults. Features a step-by-step method for parents that experience problems with their children; discusses seven myths of parenting; and offers advice for solving common issues with children in different age groups, from toddlers to adolescents.

Help your child master the language of nonverbal communication. Do you know what nonverbal language is? Even if you can't define it, you speak it every day through your postures, gestures, facial expressions, and tone of voice, and you must constantly read these same signals from others. In fact, nonverbal messages can carry up to 90% of the meaning of human interaction and contribute significantly to social, academic, and professional success. Yet even though we recognize the importance of nonverbal communication, we have generally left the teaching of this essential language to chance. Now parents and teachers can help children develop nonverbal skills so that they will be able to communicate more effectively and to interact with others more successfully. In Teaching Your Child the Language of Social Success, clinical psychologists Marshall Duke and Stephen Nowicki and educator Elixabeth Martin describe and explain the methods and rules of nonverbal communication. Together they have created an easy-to-use guide which offers definitions and techniques for assessing a child's strengths and weaknesses in this unspoken realm, as well as case studies, illustrations, and exercises for teaching or improving nonverbal skills at home or in the classroom.

In this newly modernized edition of the classic, bestselling book on toilet training, you'll discover the scientifically proven Azrin-Foxx method that's been used by millions of parents worldwide. This clear and accessible guide remains the go-to book on toilet training for a reason. With a newly modernized take on the same proven, easy-to-follow steps, you'll learn how to let go of stress and have your child confidently using the toilet—without assistance or a reminder—in only a couple of hours. Inside you will find a wealth of helpful information, including: - Step-by-step instructions taking you and your child from pre-training all the way through to the Potty Training Diploma - A method that unlocks your child's sense of pride, independence, and accomplishment - Supply lists, reminder sheets, and frequently asked questions With more than two million copies sold, Toilet Training in Less Than a Day is the only guide you'll ever need to make potty training a rewarding and successful experience for both you and your toddler.

Teaching Your Child the Language of Social Success

Parent—Child Interaction Therapy

The Ten Basic Principles of Good Parenting

Supporting Parents of Children Ages 0-8

How to Parent Teens from Love Instead of Fear

From Infant to Toddler--Laying the Foundation for Raising a Capable, Confident Child

The Emotional Life of the Toddler

Over 900,000 copies sold! Who uses love and logic in their parenting? Parents, counselors, and teachers around the globe—even Bill and Melinda Gates have found the philosophy of Parenting with Love and Logic an important guide when raising their three children. Learn how to reel in your own emotions while teaching your children responsibility, establishing boundaries, and growing their character. Establish healthy control through easy-to-implement steps without anger, threats, nagging, or power struggles. Trusted by generations of parents, counselors, and teachers to lovingly raise responsible children, Parenting with Love and Logic includes solutions for dozens of specific topics like tantrums, managing screen time, and getting ready for school, all indexed for easy reference. Updated to help parents make important family decisions about the use of technology, including mobile phones and social media.

Parent Effectiveness Training is a proven method to bring parents and their children together and to show parents how to help their children become mature, healthy, happy, and loving individuals. Hundreds of thousands of parents have completed Dr. Thomas Gordon's P.E.T. training course with tangible results. The system is designed to work with children of all ages, from the very young up through the rebellious adolescent years. In P.E.T., Gordon gives examples of families who have succeeded and explains all the steps necessary for less fighting, fewer tantrums, and closer and more trusting relationships.

Today show's Michele Borba's cures for difficult childhood behaviors In this down-to-earth guide, parenting expert Michele Borba offers advice for dealing with children's difficult behavior and hot button issues including biting, temper tantrums, cheating, bad friends, inappropriate clothing, sex, drugs, peer pressure, and much more. Written for parents of kids age 3-13, this book offers easy-to-implement advice for the most important challenges parents face with kids from toddlers to tweens. Includes immediate solutions to the most common childhood problems and challenges Written by Today Show's resident parenting expert Michele Borba Offers clear step-by-step guidance for solving difficult childhood behaviors and family conflicts Contains a wealth of advice that is easy-to-follow and gets quick results Author has written outstanding parenting books including Building Moral Intelligence, No More Misbehavin', Don't Give Me that Attitude, and more Each of the 101 issues includes clear questions, specific step-by-step solutions, and advice that is age appropriate.

Among evidence-based therapies for children and adolescents with oppositional, aggressive, and antisocial behavior, parent management training (PMT) is without peer; no other treatment for children has been as thoroughly investigated and as widely applied. Here, Alan E. Kazdin brings together the conceptual and empirical bases underlying PMT with discussions of background, principles, and concepts, supplemented with concrete examples of the ways therapists should interact with parents and children. The second half of the book is a PMT treatment manual. The manual details the particulars of the therapy: what is done to and by whom, what the therapist should say, and what to expect at each stage of treatment. It also contains handouts, charts, and aides for parents. A companion website (www.oup.com/us/pmt) provides additional resources for clinicians.

Evidence-based Parenting Education

Organizational Skills Training for Children with ADHD

A Global Perspective

Treatment for Oppositional, Aggressive, and Antisocial Behavior in Children and Adolescents

The No-lose Program for Raising Responsible Children

101 Answers to Your Everyday Challenges and Wildest Worries

The Incredible Years Training Series

For many parents of troubled teenagers, a therapeutic program that takes the child from the home for a period of time offers some respite from the daily tumult of acting out, lies, and tension that has left the family under siege. However, just as the teenager is embarking on a journey of self-discovery, skill-development, and emotional maturation, so parents too need to use this time to recognize that their own patterns may have contributed to their family's downward spiral.

This is The Parallel Process. Using case studies garnered from her many years as an adolescent and family therapist, Krissy Pozatek shows parents of pre-teens, adolescents, and young adults how they can help their children by attuning to emotions, setting limits, not rushing to their rescue, and allowing them to take responsibility for their actions, while recognizing their own patterns of emotional withdrawal, workaholism, and of surrendering their lives and personalities to parenting. The Parallel Process is an essential primer for all parents, whether of troubled teens or not, who are seeking to help the family stay and grow together as they negotiate the potentially difficult teenage years.

Provides new ways parents and teachers can build self-control, self-esteem, and self-reliance by teaching the skills required to govern a family, classroom or group more democratically, less autocratically.

Dr. Thomas Gordon, author of the phenomenal bestseller P.E.T., expands the system he developed to help parents to encompass teachers and childcare workers. In Discipline That Works, Dr. Gordon provides convincing evidence that punitive discipline is harmful to children and promotes self-destructive behavior and anti-social, aggressive acts. Instead, he offers an important new strategy to help children become more self-reliant, make positive decisions, and control their own behavior.

P.E.T. Parent Effectiveness Training : the Proven Program for Raising Responsible Children

ParentShift

A Self-Help Manual for Parents

The Tested New Way to Raise Responsible Children

No Parent Left Behind

Promoting Self-Discipline in Children

Defiant Children, Third Edition