

CBT PARENTING Intervention



Parenting programmes delivered in a structured manner over several weeks are the most widely researched psychological intervention in child and adolescent mental health.

Treatment Overview

Parenting programmes are based on social learning theory. Social learning theory has two main rules which can be used when thinking about behaviour:

- 1. Reinforcement rule:** Behaviour that is reinforced immediately is more likely to occur
- 2. Attention rule:** Children's behaviour is often oriented to gaining attention from others, especially parents

Aim of the programme

The programme is designed to promote positive relationships, attachment and pro-social behaviour through sensitive responding.



Content Overview

Sessions last around an hour and cover the following content:

- Session 1: Understanding child behaviour
- Session 2: Connection before correction
- Session 3: Positive praise
- Session 4: Clear calm communication
- Session 5: Using selective attention
- Session 6: Natural and logical consequences and time out

Behaviour is a way of communicating

By identifying your child's thoughts, feelings and behaviours it can help to identify what they are trying to communicate.

The Cognitive Triangle

