



# Parent Management Training Part 2

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# PMT – Session Structure

- Total of 10 sessions
- Sessions should be weekly or alternating weeks
- Children are present for sessions
  - Therapist will teach parents the skill and then have parent practice the skill with the child
- Teenagers only present at the end of treatment
- Parents will have homework to complete after each session



# Special Time

- Purpose
  - Improves quality of parental attention to the child
  - Improves the parent-child relationship
  - Allows parents to give attention to positive behaviors and ignore negative behaviors





# Special Time

- Parent play with the child one-on-one for 15-20 minutes
- Parent will describe the child's play
- Parent will provide positive praise
- Avoid asking questions or giving commands



# Positive Praise

- Should be specific
- Occur immediately after behavior has occurred
- Can involve non-verbal praise (e.g., high five, hug, etc)



# Active Ignoring

- Removing attention from negative behaviors we are trying to extinguish.
- “May feel like you aren’t doing anything about the behavior because you are not verbally correcting it, but you are doing something by ignoring it. You are teaching your child that the inappropriate behavior does not get your attention.”



# Active Ignoring

1. Ignore immediately
2. Ignore briefly
3. Ignore consistently
4. Make ignoring obvious



# Giving Effective Commands

- Have the child's attention
- Reduce distractions prior to giving the command
- Give one command at a time
- Be specific
- Have child repeat command (optional)







# Compliance Training

- 3-5 minutes; 2-3 times a day
- Parents should have child complete simple requests that require minimal effort
- Parent to praise each time child completes the task



**Questions?**

