

# Behavioral Parent Training

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# Inizio Interventions Inc.

- Inizio Interventions Inc., founded in 2010.
- Comprised of two founders with a combined 42 years experience in the field of behavioral health.
- Focused on quality service delivery to families and their children.

# Introduction

Behavioral parent training has emerged as one of the most successful and well researched interventions to date in the treatment and prevention of child and adolescent problem behavior.

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- Behavioral parent training has been widely used and widely studied over the past 40 years.
- To date there are hundreds of published articles, text books and text chapters, online training related to behavioral parent training.

# Application

- Behavioral parent training has been used to decrease a wide range of problem behaviors including aggression, non-compliance, sibling fighting, self-injurious behavior and verbal abuse. It has also been used in a variety of family situations.

# **Application**

It has been used to increase a wide range of desirable behaviors including self-help and adaptive skills, communication and compliance.

The objective of  
parent training is to  
develop healthy,  
functional and  
strong children...

**AND**

Healthy, functional and  
strong families.



# Rationale

Previously, a child or adolescent with a problem behavior was treated, one-to-one, by a clinician in a clinical setting.

# **Rationale**

A parent training approach to treatment focuses on teaching caregivers, in this case, parents, to implement strategies aimed at changing their child's behavior.

# Rationale

The objective of parent training is to produce **generalized change.**

Behavior improved with others and across all settings.

Other problem behaviors in addition to the focus of the intervention, are changed as well.

# Rationale

- Parent training typically occurs in the child and family's natural environment (i.e., the home), promoting generalized change.



# Procedures



The role of the professional is to facilitate the training and act initially as a bridge between the parent and the child.

# Procedure-Four basic steps

- Assess the function of the child's behavior with parent input.
- Develop realistic goals in objectively defined terms.
- Teach management skills based on the function of the child's behavior.
- Regularly monitor and evaluate progress.

# Function of Behavior-Why is the Behavior Occurring?

- In order to eliminate a behavior we need to know the cause of the problem behavior or its function.
- Look at the ABCs of behavior-
  - A (antecedent)- what triggered the behavior,
  - B (behavior)- how did child act,
  - C (consequence)- what happened right after the behavior.

# Four Functions of Behavior

- Receive Internal Stimulation: behavior is exhibited to receive internal stimulation regardless of what is happening around them.
- Escape/Avoidance: behavior is exhibited to escape or avoid a task or activity.
- Attention Seeking: behavior is exhibited to obtain attention from others.
- Access to Tangibles, Activities, or Food: behavior is exhibited to obtain access to materials, activities, or food.

# Examples

Escape-(A) Child is asked to clean room, (B) tantrums, and (C) parent lets child play instead of clean room.

(A) Child does not want sibling to play with toys, (B) child hits sibling, and (C) sibling gives toy to child.

Attention-(A) Parent is talking with another adult, (B) child begins to ask the same question over and over, (C) parent stops talking with adult and attends to child.

Internal stimulation-(A) Child is alone or around parent, siblings, or classmates, (B) hand flaps, toe walks, sucks thumb, spins, lines up objects, or repetitively rewinds and plays a DVD, and (C) adult ignores behavior.

# Realistic Goals

- Once you have the ABCs of behavior, set a goal that is realistic for your child and for yourself.
- Change happens in small steps. Monitor progress so you see it.
- Get support because it is hard work, tag team with your partner, “Now it’s your turn.”

# Antecedent (Proactive) Strategies

- Praise appropriate behavior.
- Give instructions effectively.
- Offer your child choices.
- Small steps, break the task down-5 minutes of homework at a time, half a sheet.

# Antecedent (Proactive) Strategies

- Use reinforcers effectively, pair immediately with positive behavior, more positives than negative attention to problem, positive scan.
- Teach communication skills.

# Consequence Strategies

- Ignore, remove reinforcement.
- Redirection (verbal, physical, gestural), change their focus.

# Collateral Effects of Parent Training

Parents as teachers...

- Learn to organize their daily activities.
- Increase teaching opportunities.
- Can achieve as much as trained clinicians.
- Develop more realistic expectations of their child.