

# I'm a parent of a young child with behavior problems, including ADHD: why do I need training in behavior therapy?

Friday, June 17, 2016

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# Welcome!



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# Don't Forget!

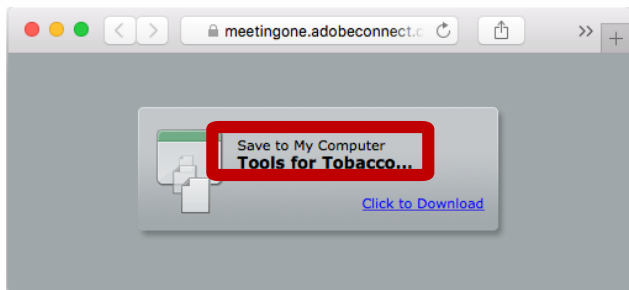


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**Greta Massetti, PhD**, Associate Director for Science, National Center on Chronic Disease Prevention and health Promotion, Centers for Disease Control and Prevention





# **What is behavior therapy for parents of young children? Why is it recommended?**

**Greta Massetti, Ph.D.  
June 17, 2016**



# Disclaimer

*The findings and conclusions in this presentations are those of the presenter and do not necessarily represent the official position of the Centers for Disease Control and Prevention.*









Parenting is stressful.





# Why behavior therapy for parents?





Juvenile diabetes: a metaphor



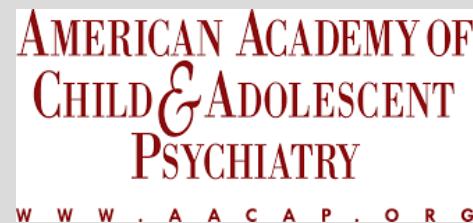
# Recommended by professional organizations

## American Academy of Pediatrics

- Behavior therapy for parents: first-line treatment for preschool-aged children
- Also recommended for elementary-aged and adolescent youth
- Parents should discuss the best course of treatment with provider

## American Academy of Child and Adolescent Psychiatry

- Behavior therapy for parents should be provided before medication for ADHD and disruptive behavior disorders



# Commonly used interventions that are *not* evidence-based

1. Traditional one-to-one therapy
2. Cognitive therapy
3. "Play therapy"
4. Elimination diets
5. Biofeedback/neural therapy/attention (EEG) training
6. Allergy treatments
7. Chiropractics
8. Treatment for balance problems or motor therapy
9. Dietary supplements (megavitamins, blue-green algae)



# Components of effective behavior therapy for parents

- Focus on building skills, helping parents feel competent
- Clinician-guided
- Problem-solving approach
- Group-based or individual family-based





# Key objectives of behavior therapy for parents

- Increase positive, nurturing parenting
- Decrease negative or less effective parenting strategies
- Promote consistency (across settings, time)
- Build parent self-confidence

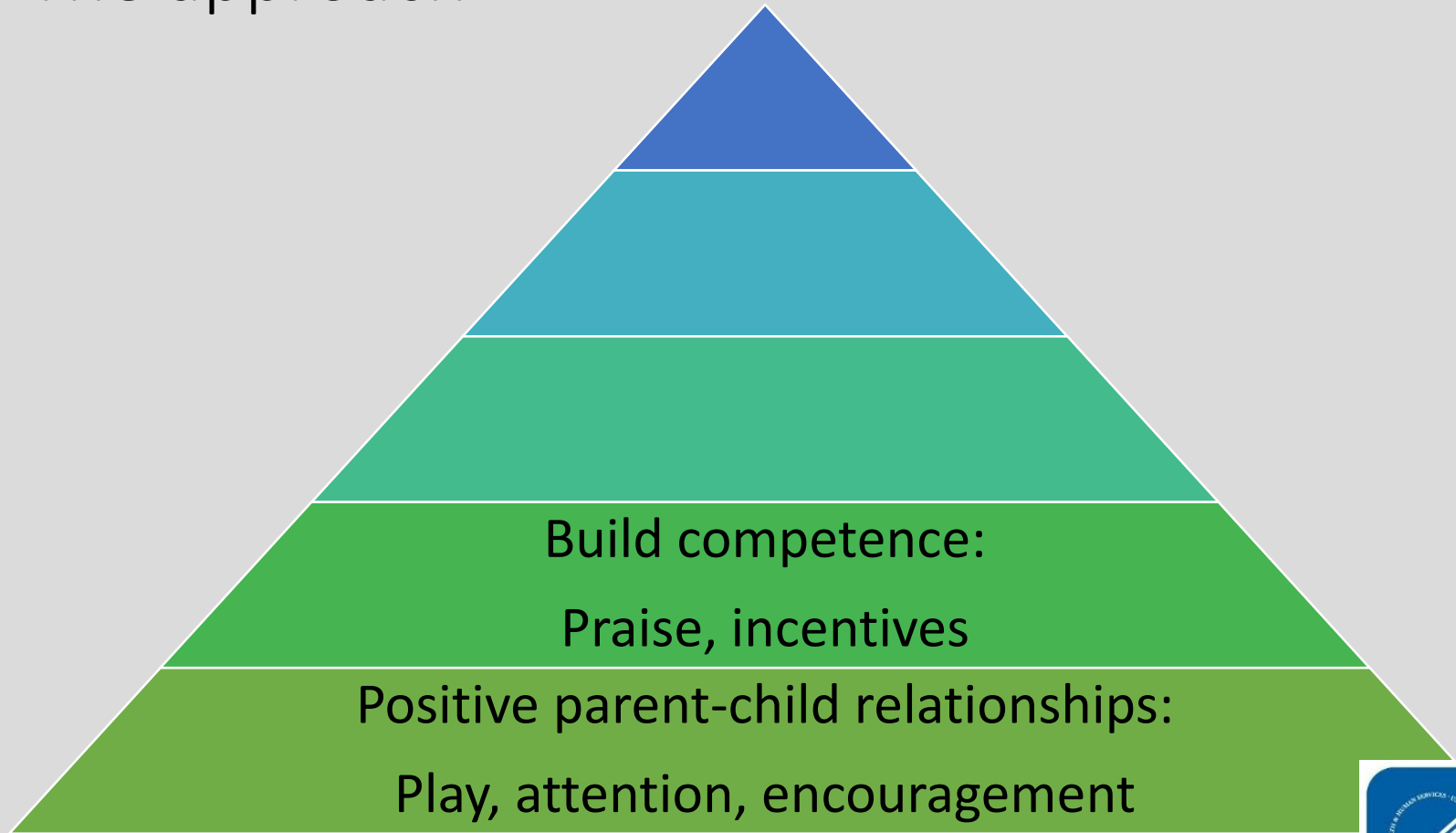


# What *is* “positive parenting?”

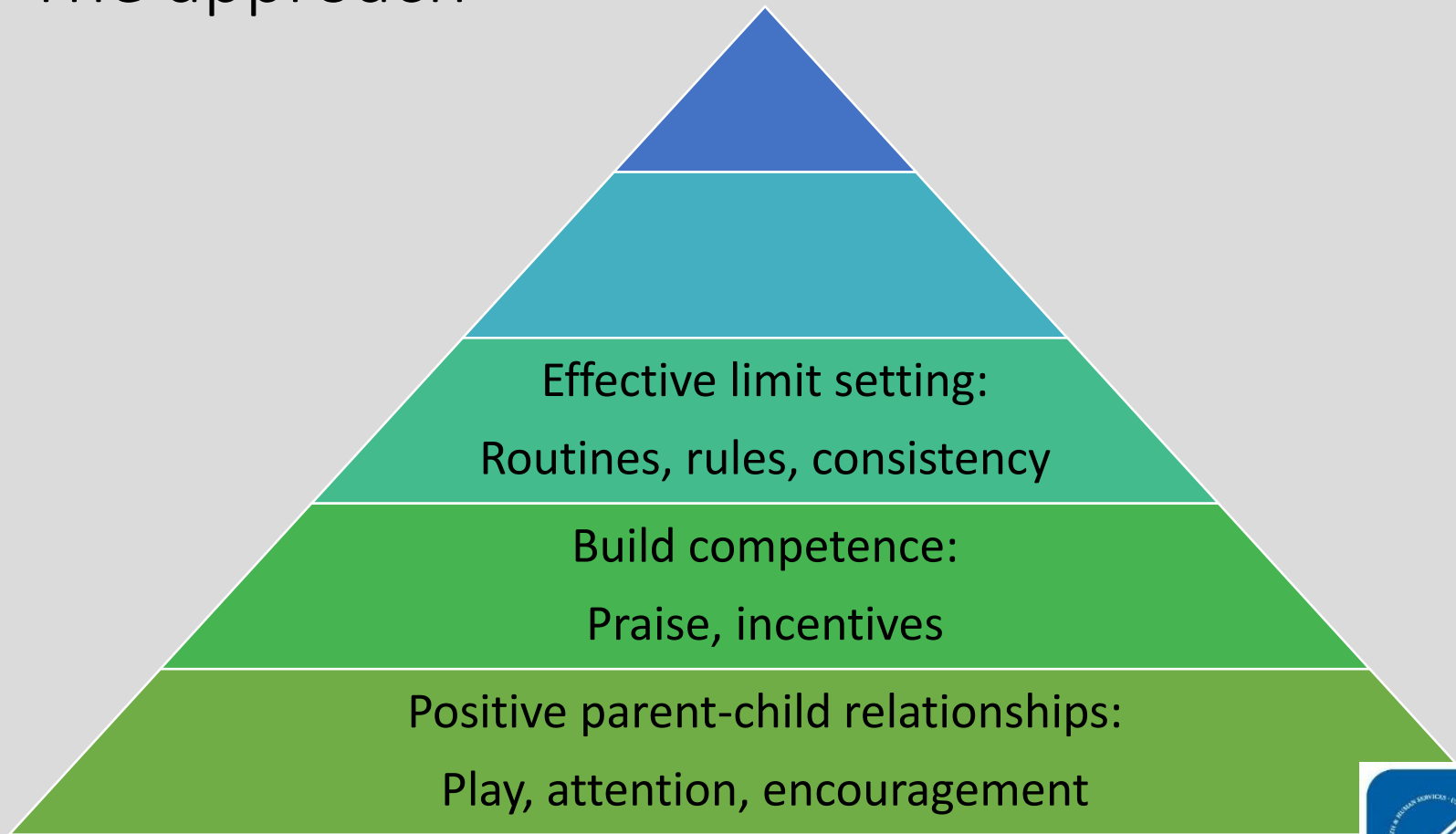
- Encouraging desirable behavior & strengths
- Sensitively responding to child’s needs
- Setting firm limits consistently and calmly



# The approach



# The approach



# Limit-setting strategies

- Consistent routines
- House Rules (example)
  1. Be a good listener
  2. Cooperate
  3. Use gentle hands and words
  4. No whining
- Planning for challenging situations
- Being consistent

## HOUSE RULES

**1.) SPEAK NICELY – NO YELLING, WHINING  
OR DEMANDING**

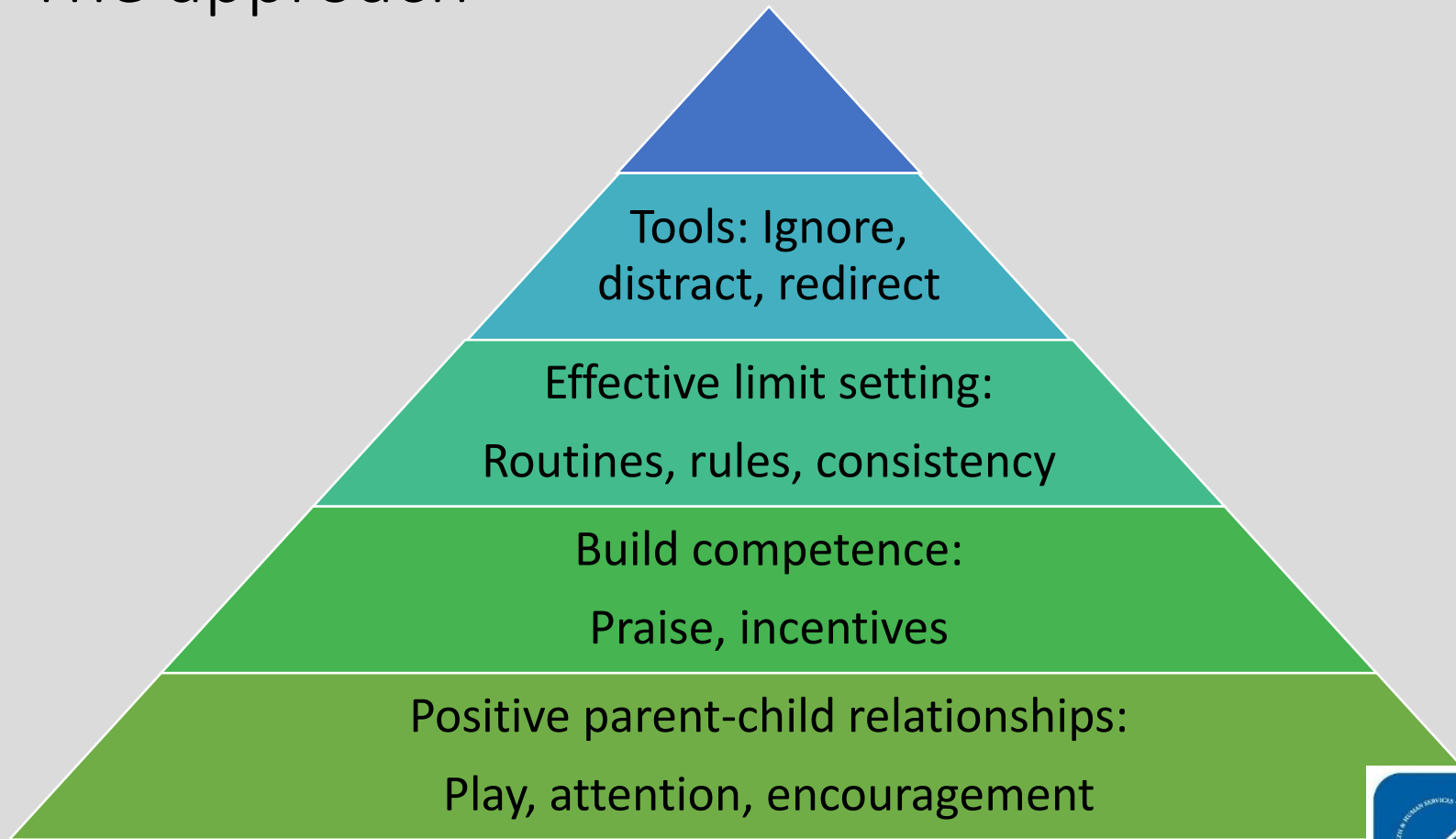
**2.) NO HITTING, BITING, KICKING OR  
THROWING THINGS**

**3.) PICK UP YOUR OWN TOYS, SHOES  
AND DIRTY CLOTHES**

**4.) NO INTERRUPTING ADULTS WHEN  
THEY ARE SPEAKING UNLESS  
IT IS AN EMERGENCY**



# The approach



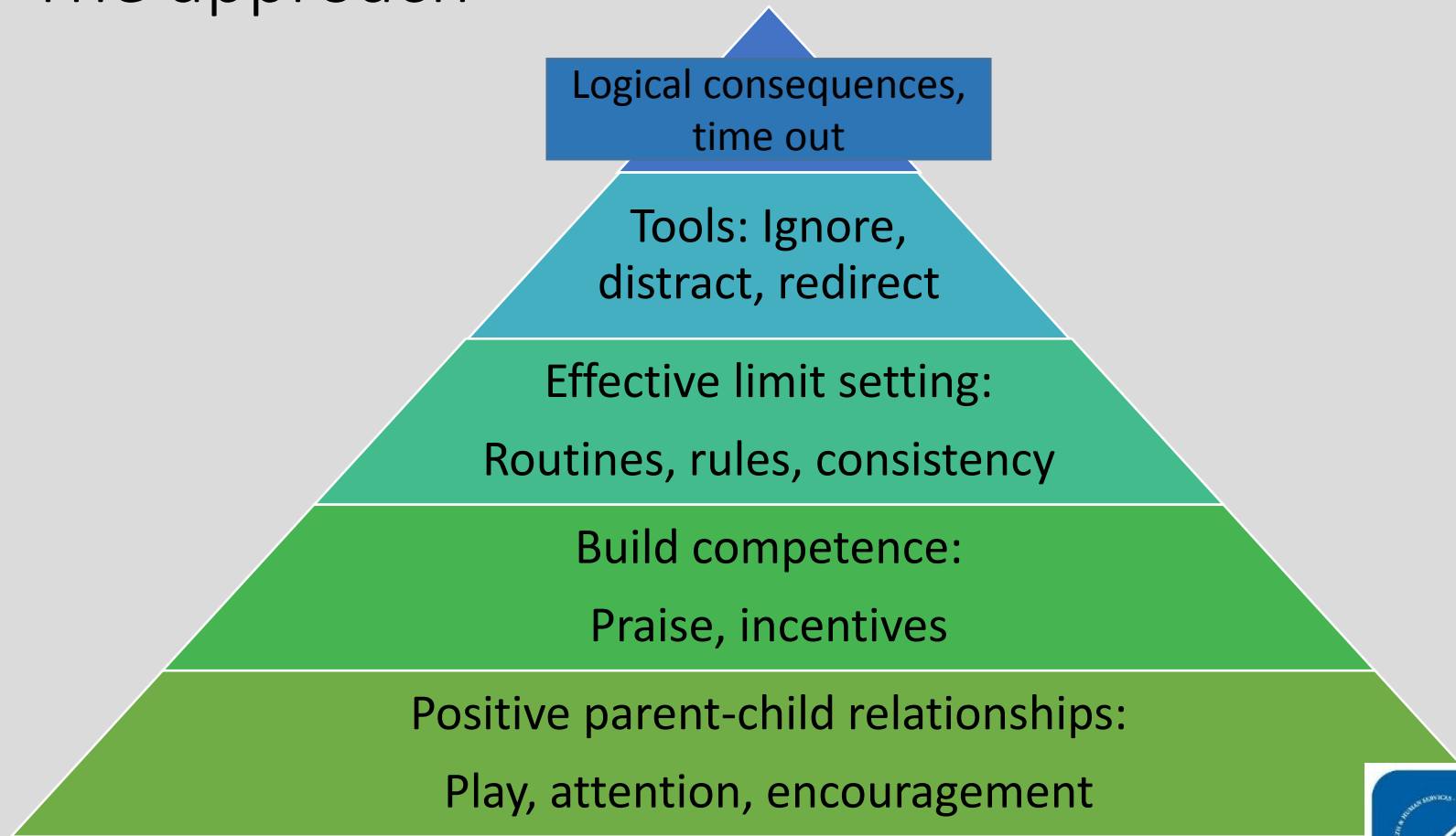
# Tools to manage behavior

- Ignoring (whining, arguing)
- Using effective commands and instructions
  - Issue command
  - Evaluate compliance
  - Praise compliance
- Avoid “over-talking”
- Giving warnings
  - Setting appropriate consequences
  - Following through on consequences
- “When-then” and “if-then” statements
- Consistency, consistency...





# The approach





Logical consequences,  
time out

**USE SPARINGLY**

Tools: Ignore,  
distract, redirect

Effective limit setting:  
Routines, rules, consistency

Build competence:  
Praise, incentives

Positive parent-child relationships:  
Play, attention, encouragement

**USE LIBERALLY**



# Key things to keep in mind

- Build a toolbox that will last a long time
- The “magic” happens every day
- Don’t expect instant changes – improvement is gradual
- Don’t waste time on self-blame
- Families often need “boosters”



# What are the benefits

- Strong parent-child relationships
- Building a strong foundation for family life



# Resources

- The links to the therapist locators (May be found through online provider directories (such as the American Psychological Association Psychologist Locator, the American Association of Marriage and Family Therapy Locator, the National Association of Social Workers or other professional association directories), or through health insurance provider directories.
- CDC's "Finding a Therapist" resource for health providers and parents  
<http://www.cdc.gov/ncbddd/adhd/behavior-therapy.html>
- CDC's "what parents can expect"  
<http://www.cdc.gov/ncbddd/adhd/treatment.html>
- The one-pager on behavior therapy for young children with AD  
<http://www.cdc.gov/ncbddd/adhd/documents/adhd-behavior-therapy-overview.pdf>



# Thank you!

To contact: [gmassetti@cdc.gov](mailto:gmassetti@cdc.gov)

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Health Sciences Center





## What can parents expect from Behavioral Parent Training?

Beverly Funderburk, Ph.D.  
June 17, 2016

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*I receive royalties as co-author of the PCIT  
International treatment protocol*

# Who can provide behavioral parent training?





# What will it look like?



Don't worry -  
you get to play!



You will practice  
skills – not just  
talk about them!



# Parent Training Group







# Live Coaching



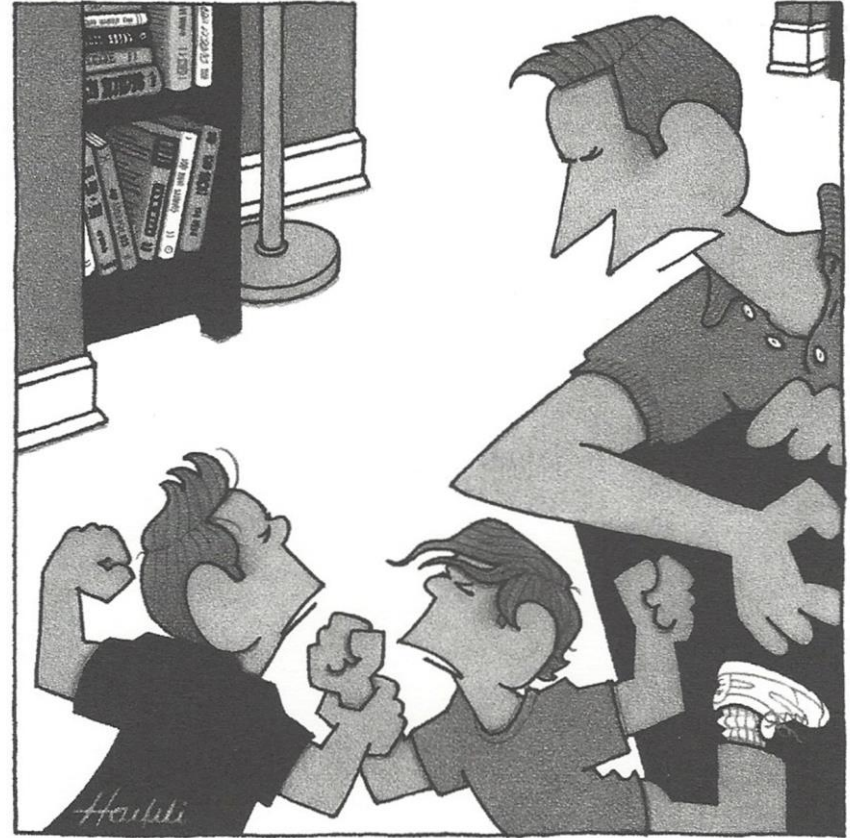
# Why do I have to do it?

Parents have the greatest influence on their young child's behavior. Only therapy that focuses on training parents is recommended for young children with ADHD because young children are not mature enough to change their own behavior without their parents' help.

# There will be homework!



# Changing habits



*"Listen up and listen up good,  
'cause I'm only going to say this a million times."*

# Using Selective Attention to Redirect Behavior

<https://www.youtube.com/watch?v=67UVLpeo3XA>

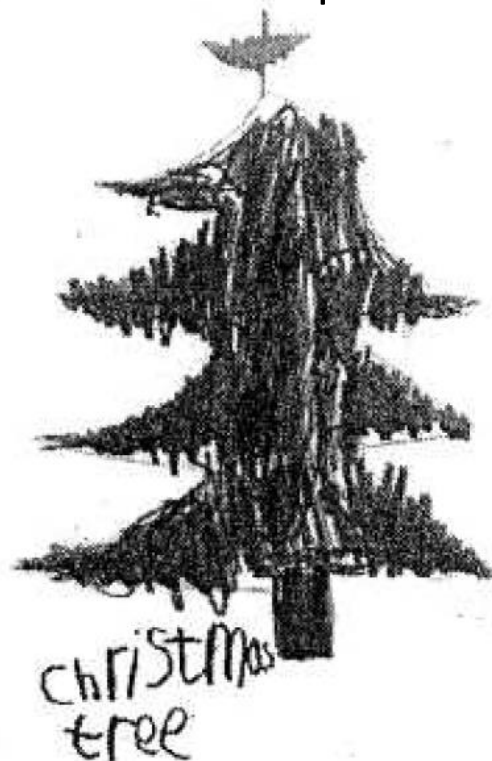


# Describing what the child is doing can improve focus

without descriptions



with descriptions



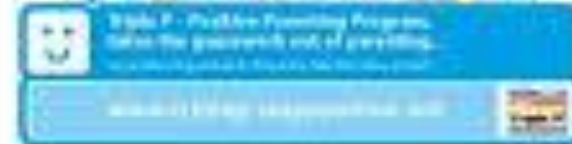
From McNeil and Hembree-Kigin, 2010; Springer



Parents,  
stay positive!



Parents,  
stay positive!



# Time Out

- <https://www.youtube.com/watch?v=2yxnzPv6h-Q>



# Are you calling my child ODD?

- Oppositional Defiant Disorder
- Conduct Disorder
- Disruptive Behavior Disorders

Frequently occur along with ADHD

# Why not just use medication?



# Who should participate?

“Engaging multiple caregivers and extended family helps to increase the impact of behavior therapy because everyone can work together to support a child.”



# How much does it cost?





# How do I know if it's working?



Comfort with provider matters  
Practice makes perfect  
Change takes time

# Questions to ask

- Explain how you work with parents and what can parents expect?
- Do you teach parents skills and strategies that use positive reinforcement, structure, and consistent discipline?
- Will I learn positive ways to interact and communicate with my child?
- Do you assign activities for parents to practice with their child?
- Do you meet regularly with the family to monitor progress and provide coaching and support?
- Will you re-evaluate and adjust as needed?

# Evidence-Based Programs



New Forest Parenting Programme





# Finding a provider

- <http://www.cdc.gov>
  - ADHD home page
  - Essentials for parenting
- Directories of providers such as APA, NASW (links provided on CDC ADHD homepage)
- Evidence-based practice websites
- Your health provider

# Thank you!

To contact: [Beverly-Funderburk@ouhsc.edu](mailto:Beverly-Funderburk@ouhsc.edu)

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<http://www.thenationalcouncil.org/topics/behavioral-parent-training>

# Questions?

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# Upcoming webinars:

6/23 1-2:30pET: [Get the 4-1-1: Everything Primary Care Providers should know about parent training in behavior therapy while working with families with young children with ADHD.](#)

6/29 1:30-3pET: [A Clinician's Tale: How do I Provide the Best Treatment for Young Children with disruptive behaviors, including ADHD?](#)

For more information: <http://www.thenationalcouncil.org/topics/behavioral-parent-training/>



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