

Parent Management Training

Parent management training (PMT) involves teaching parents to acquire and use skills based in social learning theory to assist the child in engaging in more positive prosocial behavior and less problem (i.e, oppositional, dangerous, and defiant) behavior. The initial focus in PMT is basic parent skill development and use. As child behavior improves in treatment, more complex behavior management skills are taught and practiced in the home environment. PMT has demonstrated effectiveness with a wide variety of behaviors including general compliance to commands, tantrums, and adherence to medical regimens, as well as across the age and developmental spectrum. PMT teaches caregivers to identify “the ABCs” for the child and themselves in the home environment which include antecedents, behaviors, and consequences. Once the ABCs are identified, parents are more effective in prompting and responding to behavior through positive attending, removing attention for problem behavior when appropriate, and using effective discipline. As progress is made in PMT, behavioral interventions increase in complexity to reflect the parent’s effective implementation of behavioral strategies to lead to positive behavior change, and flexibility in skills use. Depending on the functional severity of presenting behavioral symptoms and parent progress with effective skill acquisition, PMT can involve a minimum of 6-8 to more than 20 sessions. Research examining PMT has found that post-treatment improvements are reported by parents and teachers, that behavioral functioning has the capacity to move to non-clinical levels at post-treatment, and that treatment gains can be maintained for several years post-treatment. PMT can be delivered to individual families as well as in a group format. PMT is an appropriate and effective treatment when the goal is to promote positive parent-child interactions and aid in the child engaging in more compliant behavior. Establishing compliance and instructional control early can be especially important given the importance of the parent-child relationship in effectively managing Cystic Fibrosis, as well as the child compliance needed during the multiple additional health care tasks required each day.

For more information, please see:

<https://www.sciencedirect.com/science/article/pii/S0890856709632767?via%3Dihub->

this should go to the abstract

<https://alankazdin.com/>