

The Parent Training Clinic at AIBDT Psychological Services provides behavioral therapies to teach positive parenting approaches proven successful in managing disruptive behaviors, ADHD, and conduct disorders in childhood and adolescence.

Positive Parent Training helps parents to

- understand and manage their spirited children,
- improve compliance,
- reduce temper outbursts in children,
- manage children with strong wills and controlling behaviors,
- reduce anger and irritability, and
- understand and manage environmental triggers for impulsivity and inattention

The clinician will help parents to improve their overall relationships with their children and to learn to approach parenting with confidence for success each day.

Behavioral strategies will include teaching

- reinforcement systems,
- use of appropriate punishment techniques,
- conflict resolution strategies, and
- assertive communication strategies.