

# Parent Management Training (PMT)

by Alan E. Kazdin, Ph.D.

Presented by:

Cynthia Petrucci, LSW

Lora Zoller, LPCC

Applewood Centers, Inc.

347 Midway Blvd., Suite 306

Elyria, Ohio 44036

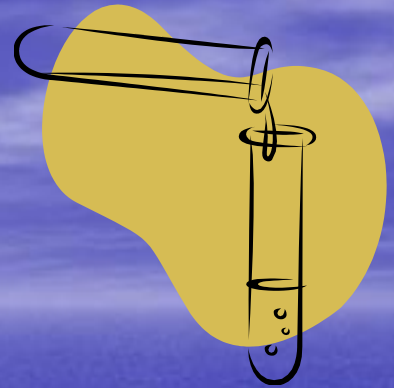
(440) 324-1300

# What is PMT?

- PMT is a research-based behavior management approach to parenting
- PMT has been shown to be an effective parenting strategy, and has been studied extensively
- PMT therapists meet for weekly sessions with parents, for approximately 12-16 weeks



# RESEARCH



- 30 years of research
- 78% or more reported improvement when treatment was completed
- Improves family relationships
- Decreased depression in parents
- Decreased stress in the home

# Negative Parenting Practices



- Yelling
- Threatening
- Harsh verbal punishment (shaming, name calling, degrading)
- Harsh physical punishment



# Effects of Negative Parenting Practices



- Emotional reactions in children
- Damages parent/child relationship
- Teaches aggression
- Punishment for the child, or for the parent?

# Effects of Negative Parenting Practices

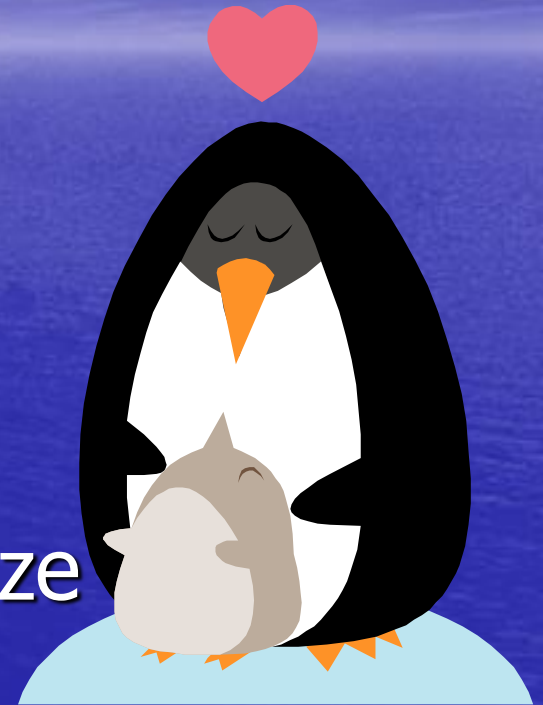


- Punishment alone does not teach a child what to do
- Length or severity of punishment does not make punishment more effective
- Harsh physical or verbal punishment triggers memories of past abuse in traumatized children



# PMT is a Commitment

- Daily practice
- Charting
- It takes time to learn and utilize techniques
- Parent-Coach Relationship



# Defining Behavior



- Behavior can be seen or heard
  - *Thoughts, feelings & attitudes are not behaviors*



# Positive Opposites

- The behavior you want your child to do instead of the negative behavior
- To change behavior – increase the positive opposite **INSTEAD** of punishing negative behavior

# Problem Behaviors vs. Positive Opposites

- Not minding
- Tantrum when told 'no'
- Whining when asking
- Physical Aggression
- Verbal Aggression
- Minding
- Calmly accepting 'no'
- Asking politely
- Keep hands to yourself
- Using kind words





# Prompts

- Prompt - the verbal ***direction*** you give to get your child to do something
- Good prompts increase the ***understanding*** of what is being asked
- Good prompts increase the ***likelihood*** of positive behavior occurring
- Good prompts break down large tasks into more manageable small tasks

# Bad prompts vs. Good prompts

- Vague
- Chain commands
- With a Question
- Emotional
- Asking from a different room
- Specific
- Small steps
- With a statement
- Calm & Respectful
- Being in close proximity to your child



# Praise

- 5 Elements of Effective Praise
  - Be close to your child when delivering praise
  - Be specific
  - Praise immediately following the prompted and desired behavior
  - Be genuine and enthusiastic
  - Include physical contact

# Positive Reinforcement Rule



- When a behavior is followed by a positive consequence, or reinforcer, the behavior is more likely to occur in the future
  - Examples of reinforcers: social, material, privilege, token
- How you respond influences how often a behavior occurs.



# Rules for Using Reinforcers

- ***Reinforcers Should Be:***
  - ***Meaningful*** to the child
  - ***Enforceable*** for the parent
  - ***Appropriate*** to the situation



# Avoid These Traps!



- Criticism Trap
  - *"I don't care!"*
  - *"Fine!!"*
  - *"Whatever!!!"*
- Ignoring Positive Behavior Trap
  - *Praise often and for anything your child is doing that he/she is supposed to be doing*



# Behavior Charts



- Specific Behaviors (only 1-3 at a time)
- Prompt your child for the desired behavior
- Observe your child doing the desired behavior
- Praise your child and give points
  - OR...no praise and "No points for now."

# Points Chart - for older children

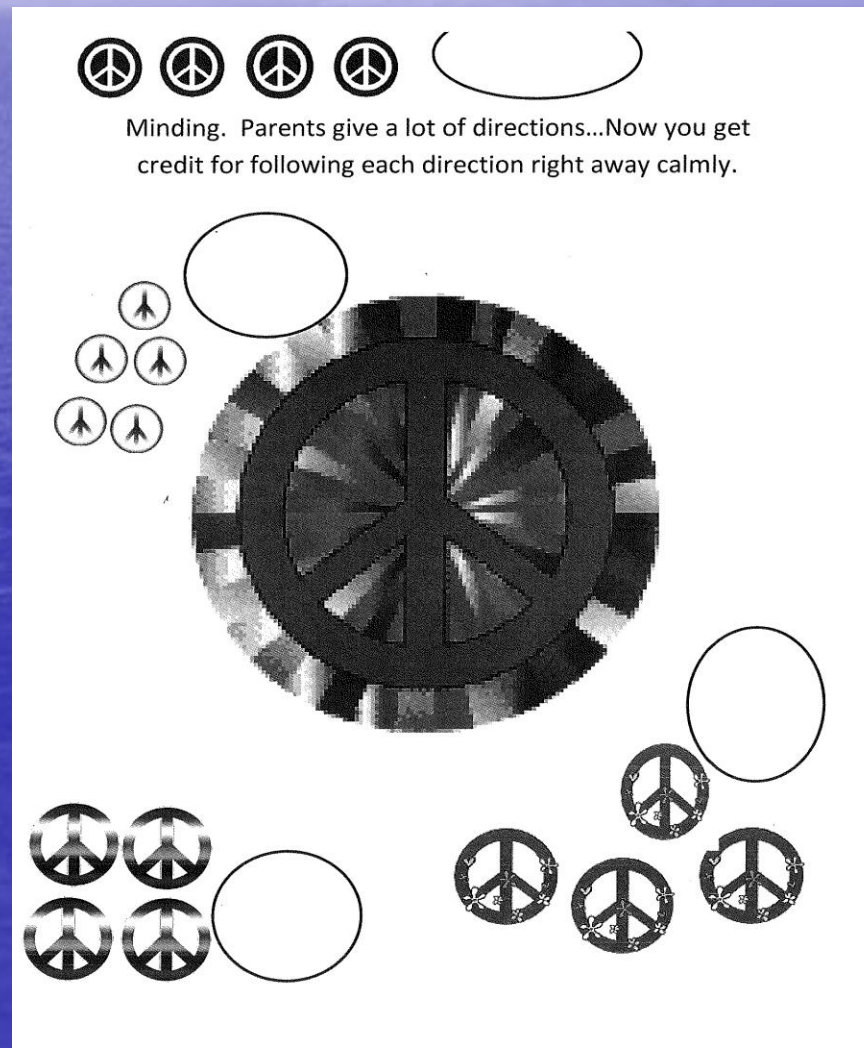
POINT CHART

Behavior/Task	Description	Pts								
Earned										
Previous Balance										
Total										
Spent										
Current Balance										

REWARDS:



# Minding Chart – for young children



# Time-Out/Time Away



- Time out from positive reinforcement
- Used for:
  - Aggression (verbal or physical)
  - Sibling conflicts
  - Parents



# Bad time-outs vs. Good time-outs

- Prolonged
- Standing or sitting with hands out, etc.
- Child is in view of distractions (TV, siblings, etc.)
- Paired with scolding and lecturing
- Set appropriate time
- Designated seat
- Select a boring area
- Paired with positive reinforcement and praise for going to/completing time out

# Two Important Skills:

Attending &  
Planned Ignoring





# Attending



- Noticing when someone is doing something desirable
- Give positive feedback
  - Eye contact, positive facial expression, physical touch, positive body language

# Planned Ignoring: For Annoying Behavior



- Deliberately ignoring an undesirable behavior to decrease its frequency
  - *Eye rolls, sighs, mumbling under breath*
- Decide what behavior to ignore, and what you can tolerate
- Use this skill consistently



# Reprimands



- Use for activities that can be harmful or cause damage to person or property
  - *Rough housing with siblings or pets, throwing balls inside, etc.*
- Goal - to stop the behavior and to tell the child what he/she should be doing instead

# When Reprimanding:



- Be calm and firm
  - remember, no arguing or yelling
- Assign consequence or remove privileges if needed
- Praise child for complying



# Steps for Effective Communication

- Be calm
- Be a good listener
- Be respectful
- Stay on subject
- Offer alternatives – don't just disagree
- Focus on the present

# PMT Review

- Negative Parenting Practices
- Positive Opposites
- Prompts and Praise
- Reinforcers
- Behavior Charts
- Attending and Ignoring
- Time Outs and Time Aways
- Reprimands



# Resources

- Yale Parenting Center

<https://yaleparentingcenter.yale.edu/>

- Articles
- Research
- Publications
- Press room
- Videos
- Additional resources
- Sign up for email newsletter

# Resources

- Kazdin, A.E. (2005). Parent Management Training: Treatment for Oppositional, Aggressive, and Antisocial Behavior in Children and Adolescents. Oxford University Press, New York.
- Kazdin, A.E. (2014). The Everyday Parenting Took Kit: The Kazdin Method for Easy, Step-by-Step Lasting Change for You and Your Child. Mariner Books, New York.
- Kazdin, A.E. & Rotelo, C. (2009). The Kazdin Method for Parenting the Defiant Child. First Mariner Books, New York.



# Questions?

