Parent Management Training (PMT) by Alan E. Kazdin, Ph.D.

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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

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<th>Behavior/Task</th>
<th>Description</th>
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**Earned**

**Previous Balance**

**Total**

**Spent**

**Current Balance**

**REWARDS:**
Minding Chart – for young children

Minding. Parents give a lot of directions...Now you get credit for following each direction right away calmly.
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


Questions?