

LOW INTENSITY CBT PARENTING



An evidence-based intervention which involves working with parents to help overcome their child's behavioural difficulties. The intervention is based on the social learning theory.

AIM OF PARENTING INTERVENTION

- Provide frequent positive attention to their child (praise, rewards) when the child is well behaved.
- Decrease the amount of attention provided to misbehaviour (yelling, bargaining) instead addressing misbehaviour by removing reinforcement (time outs).
- As a result, we should see: misbehaviour reduce, positive behaviours increases, break parent traps, retains parental sensitivity, increases positive interactions.

WHAT WILL THIS LOOK LIKE?

6-8 sessions (45 mins)

- Session 1: Understanding child's behaviour
- Session 2: Connection before correction
- Session 3: Positive praise
- Session 4: Clear calm communication
- Session 5: Using selective attention
- Session 6: Natural and logical consequences and time out

