



# Transforming Behavior: Training Parents and Kids Together

*Mary Cook M.D.*

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## **Transforming Behavior: Training Parents and Kids Together** Mary Cook M.D.

Looking for a proven, flexible, and cost-effective way to address challenging behavior, social skills development, and family conflict? Look no further than this ready-to-use group therapy program, ideal for clinicians working in a range of settings with **children 8–12 and their parents**.

With 22 adaptable modules (11 for children, 11 for parents), this field-tested program gives professionals everything they need to lead group therapy sessions that improve the lives of whole families. Children will learn positive social skills and emotional regulation, and parents will learn successful techniques for responding constructively and consistently to difficult behaviors. This empowering program is the perfect way to

- **resolve a broad range of behavior challenges in children with various underlying diagnoses**, including behavior, mood, and anxiety disorders
- target the **social skills** children need to succeed, including empathy, conflict resolution, and conversation skills
- **work with children and parents concurrently**—the most effective and powerful way to bring about lasting change in a child
- **improve access to critical services** for a whole group of children and families at a **low cost**
- **meet the specific needs of individual families**, with flexible, adaptable modules
- **help families anytime**—all the modules are stand-alone, and the program allows for rolling admissions
- leverage the highly effective principles of **parent management training, cognitive behavior therapy, and creative art therapy**
- implement a **highly structured and explicit** program that ensures consistency across time and across facilitators

*The Transforming Behavior* program is easy to implement, with a comprehensive manual and a CD-ROM with dozens of printable worksheets, quizzes, sample scenarios, and other practical handouts for parents and children. And with the clear and explicit scripts and prompts for every session, mental health providers with various levels of education and experience can use the program effectively.

A group therapy program with long-term benefits for children and parents, *Transforming Behavior* will transform whole families and equip children with social-emotional skills they'll use for their entire lives.

## **Help children and parents**

- understand challenging behavior
- resolve difficult behavior through family skill building
- regulate emotions and lower arousal
- communicate constructively
- increase empathy
- become better listeners
- develop assertiveness
- resolve conflict
- problem-solve effectively
- and more

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