



EVIDENCE-BASED TREATMENT & SERVICES

Parent Management Training (PMT)

Parent Management Training

Parent Management Training, or PMT, is an effective resource designed for any parent or caregiver who wants to change the way they interact with their child to achieve more positive outcomes. PMT is an evidence-based program developed by Dr. Alan Kazdin of the Yale Parenting Center. Facilitated by specially trained clinical staff, it is offered both as an integral part of other CPC programs or as a discrete counseling service for families.

The program is organized as a series of specially designed group sessions. Parents/caregivers learn how to identify effective motivations for their child and how to design a specific plan that encourages incremental progress toward behavioral goals. Facilitators also coach parents and caregivers as they practice new parenting behaviors, including how to accept and work through temporary setbacks.

Common behavioral issues for children that may prompt parents/caregivers to engage in PMT are:
Oppositional-Defiant Disorder • ADHD • School Refusal • Aggressive and/or Bullying behavior.

Key Findings on the Kazdin Method

- The Kazdin Method SM (KM) has a clinically significant effect on reducing conduct problems. With the treatment, about 80% of clinically-referred children achieve very large improvements at home and at school.
- KM SM has been evaluated in many controlled and government-sponsored trials of youths varying in age from 2 to 17 years old.
- KM SM is effective for diverse ethnic groups, including African American, Hispanic American, and multiethnic groups.
- Marked improvements in child behavior have been documented by parent and teacher reports, direct observations of behavior at home and at school, as well as institutional records (school truancy, police contacts, arrest rates, institutionalization).
- Gains are maintained after parents complete the program. These gains can last at least up to two years after the program has ended and there is evidence for continued gains up to 14 years later.
- The benefits of the program are reflected in areas of child, parent and family functioning. For example, it has been found that children improve in their behavior as well as in their social relationships both at home and at school. Parent benefits include a reduction in stress that they experience at home. Families also report improved overall family relationships.

From the Yale Parenting Center

CPC Behavioral Healthcare is one of the few agencies in Monmouth County, NJ with staff who are trained in PMT. PMT is offered in all Agency programs as well as in both the elementary and adolescent High Point Schools.

For more information about PMT
including treatment hours and location information,
contact CPC's Access Office: 732-842-2000 x4221