

Parent Training Series 2020-2021

Every other Tuesday from 6:30-8:00pm via Zoom. Participants must pre-register. Zoom link will be sent to all registrants in advance of each session.



September	<ul style="list-style-type: none">• 9/29 Introduction to Balanced Parenting & Dialectics
October	<ul style="list-style-type: none">• 10/13 Mindfulness for Parents• 10/27 Emotional Competence: Emotion Regulation, Cope Ahead
November	<ul style="list-style-type: none">• 11/10 Crisis Communication: Validation & Active Listening• 11/24 Stress Model of Crisis
December	<ul style="list-style-type: none">• 12/8 Skills for Breaking the Conflict Cycle
January	<ul style="list-style-type: none">• 1/12 Distress Tolerance & Emotional First Aid• 1/26 Crisis Co-Regulation & Life Space Interview
February	<ul style="list-style-type: none">• 2/9 Behavior Change: Positive Opposites, Hierarchy• 2/23 Behavior Change: A-VCR & Contextual Factors
March	<ul style="list-style-type: none">• 3/9 Behavior Change: Prompting & Shaping Behavior• 3/23 Behavior Change: Reinforcement
April	<ul style="list-style-type: none">• 4/6 Behavior Change: Punishment• 4/27 Restorative Justice