

Green Chimneys Training Series: A-VCR

Information provided by the Kazdin Parent Management Training (KPMT) Manual in conjunction with Dialectic Behavior Therapy Principles.

A-VCR Model

A set of skills that:

- Achieve desirable behaviors from your child
- Decrease impulsive responding
- Increase chances of making situations better
- Increase use of coping skills in the moment

A – Attend to emotions/assess the situation

V – Validate (thoughts, emotions, difficulty of the situation, find the “kernel of truth”)

C – Coach skills use

R – Reinforce

Attend/Assess

Attend to
emotions

Attend to
your own
emotions

Assess the
situation

Contextual Factors

- Woke up late
- Got to work/school late
- Feeling sick
- Feeling hungry
- Missed a deadline
- Failed a test
- Feeling incompetent/Feeling “not good enough”
- Feeling tired
- Being in a crowded/noisy place/bad smells/temperature
- Health and safety concerns

Validate

“It makes sense that you are angry about being called names. Everyone would be upset in this situation.”



Creating a Validating Environment

- Validation indicates that a person or point of view is taken seriously
- Validation is communicating to someone that their feelings, thoughts, & actions make sense
- What happened is understandable given a person's:
 - History
 - Present circumstances
 - Normal biological functioning
 - Ultimate goals

Types of Validating

➤ This Makes Sense!



➤ Cheerleading



How to Validate

Non-Verbal

- Active Listening
- Mindful of your body language, i.e. eye contact, etc..

Verbal

- Non-judgmental stance
- Focus on effectiveness
- Reflect back
- Reading Emotions
- Show Acceptance

Do Not Validate When You Aren't Sure Why Your Child is Upset

Instead...



1. Assess the situation
2. Ask the child why he/she is upset, what is going on, or about the event that brought on the reaction
3. When you have a better sense of the problem.....

Validate!

Practice Self-Validation

- Self-validating refers to perceiving one's own feelings, thoughts and actions as accurate and acceptable in a particular situation

"It makes sense that I am upset, anyone will be upset in such circumstances."

Coach Skill Use

1. Remind the child of his/her goals
2. Help child select a skill
3. Briefly state what the child is going to do
4. Prompt the use of the skill. Remember to:
 - o Be Specific
 - o Be Calm
 - o Be Close
 - o State the Request

Reinforce

1. Verbal Praise
2. Non-verbal Praise
3. Reinforcing Earned Rewards/Skills Used

Breakout groups

- Practice AVCR skills