



AXIS DISRUPTIVE BEHAVIOR TREATMENT PROGRAM

What is Parent Management Training?

Parent Management Training is an evidence-based treatment program designed to help parents and caregivers effectively manage behavioral problems in their children.

What can Parent Management Training help with?

Parent Management Training is recommended for behavioral problems including but not limited to opposition and defiance, disobedience, aggression, lying, school refusal, and other school problems.

What can I expect from Parent Management Training?

Parents and caregivers will meet with a clinician to discover new and effective ways to respond to their children. They will learn behavior change principles and social learning techniques that will help their child build and strengthen desired, prosocial behaviors.

Parent Management Training enables parents to set clear rules and contingencies, use reinforcement strategies to increase positive behaviors and decrease negative behaviors, improve emotion regulation and communication skills, and rebuild the parent-child relationship.

What is the length of treatment for Parent Management Training?

Parent Management Training is a structured but flexible approach that is individualized to each family's needs. Typically, parents and caregivers meet with a clinician once weekly for 12-16 sessions.

Does Parent Management Training work?

Parent Management Training is one of the leading evidence-based treatments for disruptive behavior disorders.