

# Positive Psychology, Psychotherapy & Cognitive Behavioral Sciences

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## Personalized Individual Parent Training (PIPT) parenting intervention

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Parent training works by directly coaching parents in how to interact differently with their children. Parents are praised for things that they are already doing, which effectively manage their children's behavior and suggestions are made in those areas, where they feel that they experience difficulties. Whilst the therapist brings 'expert' knowledge to the sessions, parents know their child best, so that the two work collaboratively in sessions. Parent training is an active process of learning new skills; in the clinic/during the sessions parents practice these skills with a member of the team in an adjacent room. Parent training is the treatment of choice for children with oppositional problems and known to be very effective for reducing behavioural problems. It also increases sensitive responding to the primary mechanism for increasing secure attachments and improving child-carer relations. Individual-based parent-training/education programmes are recommended in the management of children with conduct disorders only in situations, where there are particular difficulties in engaging with the parents or a family's needs are too complex to be met by group-based parent-training/education programme. PIPT is a 1:1 intervention for children with complex conduct disorder, primarily aimed at children aged 3-8. It is designed to promote positive child/parent relationships, to improve pro-social behavior and to reduce undesirable behavior. During the intervention process, parents identify own treatment goals and the sessions include modeling, role-play and home practice/work. Six different skills are practiced/delivered through PIPT; attending, praise/rewards, selective ignoring, clear/calm commands, consequences and time-out. Overall, the parenting intervention takes 6 to 8 sessions with 1-hour duration each and the structure of sessions include; review, introducing new skills (rehearse and role-play is done where necessary), live coaching (therapist through ear bug or within the same room if there aren't a separate one way mirror room available), feedback and home practice given.

### Biography

Begum Engur has completed her BSc Psychology degree in Istanbul, at Istanbul Bilgi University with high honors and as an International Baccalaureate Scholarship student. During the undergraduate years, she served as a volunteer and did internships in various CAMHS (Child Adolescent Mental Health Service) settings. In addition to the works, she completed numerous trainings, earned certificates from institutions worldwide in the same area of interest. After completing BSc degree, she completed her MSc Child Adolescent Mental Health at King's College London, Institute of Psychiatry, Psychology and Neuroscience. During MSc, she completed her 1-year clinical placement as a Trainee Psychologist at South London and Maudsley NHS Foundation Trust-Conduct, Adoption and Fostering Team. There, she worked with adopted/fostered children having emotional, behavioral difficulties, anxiety disorders, pervasive developmental disorders, attachment disorders, traumatic stress. She was trained and worked on parenting intervention.

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