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Personalized individual parent training (PIPT/PCG) & parenting

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Individual-based parent training programs or parenting interventions are recommended in children portraying behavioral difficulties/challenging behaviors, especially in conduct disorder; where there are particular difficulties in engaging with the parents or a family's needs are too complex. The PIPT intervention, which is based on Social Learning Theory, primarily aims children between 3-8 years old and it is designed to promote positive child-parent relationships, to improve pro-social behavior and to reduce undesirable behavior. In this particular program, parents identify own treatment goals and the intervention includes modeling, role play and home practice. Moreover, it is delivered in 6-8 sessions and the structure of sessions consists of review, introducing new skills, live coaching, feedbacks and home practice (homework). The parent training/intervention is done in 2 phases; Phase 1 includes attending, praise/rewards and selective ignoring where Phase 2 includes calm/clear instructions, natural/logical consequences and time-out. In brief, this parenting intervention, within the other various evidence-based parenting interventions is effective with children and young people having difficulties and especially their relationships with parents or care givers. On the other hand, the parenting techniques used/coached in PIPT can be useful and effective in every parent-child relationship in order to create healthy, positive and nurturing bond.

Biography

Begum ENGUR has completed her BSc Psychology degree in Istanbul, at Istanbul Bilgi University with high honor. During the undergraduate years, she served as volunteer and did internships in various CAMHS (child adolescent mental health service) settings. In addition to the works, she completed several 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-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 and got trained and worked on parenting intervention.

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