

Family-based Interventions with Children and Adolescents with Externalizing Behavior Problems

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Externalizing Concerns

- Poorly managed ADHD
- Reactive aggressive behavior
- Oppositional defiant behavior
- Other conduct problems, incl. theft, vandalism, & bullying

Exacerbating Factors for Externalizing Problem Behavior

- High risk pregnancy
 - Young mother, poor nutrition, substance abuse, low birth weight
- Difficult temperament
- Coercive parenting style (Patterson et al.)
 - Limited discipline responses
 - Ignoring of prosocial behavior
 - Poor child monitoring
 - High coercive interactions



Attack – Counterattack – Positive Outcome



“Stop hitting your sister!”



“No! She started it!!”



“All right! All Right! Take it easy! Just keep the noise down, okay?”



Parent makes a compliance demand

Mother's *escape behavior* is reinforced & child's *antisocial behavior* is reinforced

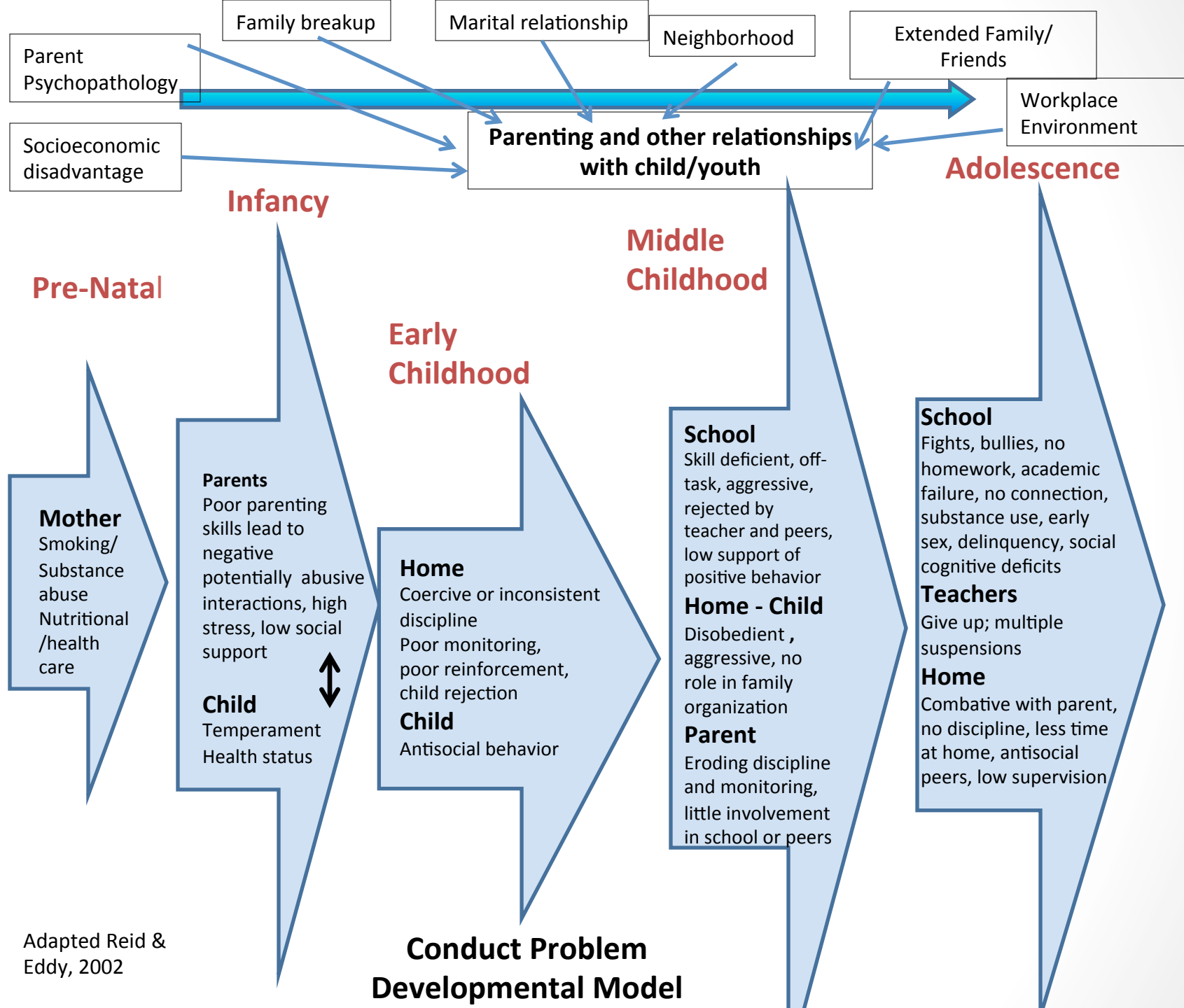
Repeat....



Exacerbating Factors for Externalizing Problem Behavior

- High risk social environment, including violent street codes
- Co-morbid ADHD and/or ODD
- Poor readiness and peer rejection in school
- Academic difficulties, retention, and/or special education
- Exposure to high risk or deviant peers
- Lack of prosocial models and supervised community activities
- Alcohol, drugs, and weapons





Adapted Reid & Eddy, 2002

CDC 2009 Meta-analysis of 77 Parenting Program Evaluations

Elements found to decrease problem behavior

- **Teaching** parents the correct use of time out
- **Teaching** parents to respond consistently to their child – if it's a rule, it gets enforced
- Requiring that parents **practice** with their child during program sessions
- **Teaching** parents to interact positively with their child

What is Parent Management Training (PMT)?

- PMT is an intervention in which parents are taught social learning techniques to change the behavior of their children and adolescents (Kazdin, 2005)
- Very solid research base



Critical Elements in PMT

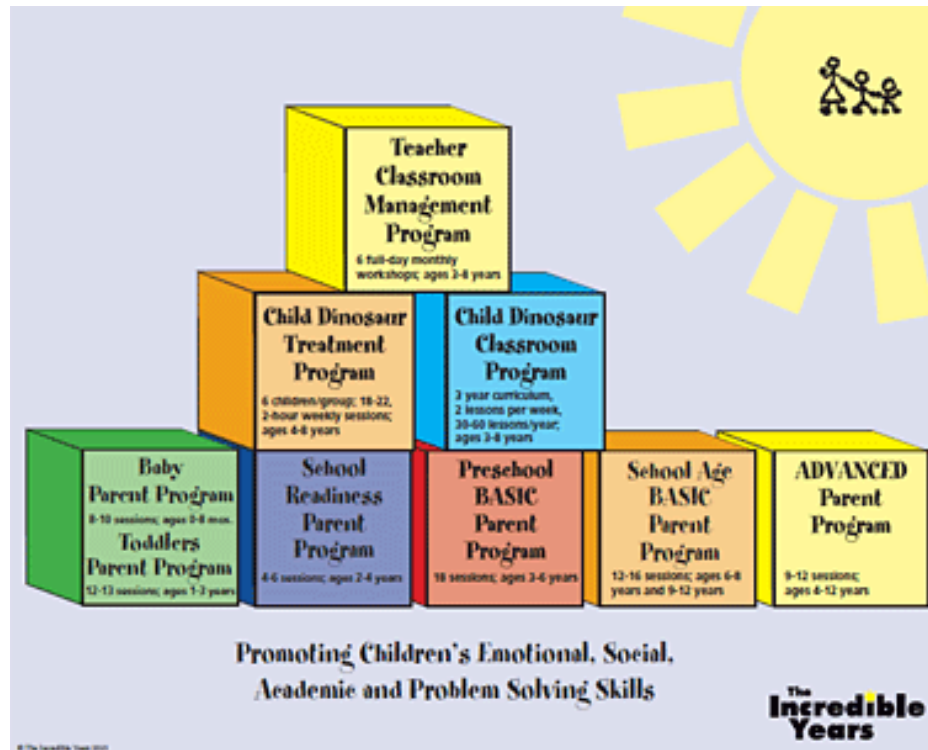
- Focuses on antecedents, behavior, and consequences
- Emphasis is on positive reinforcement
- Requires active training of parents
- Progress is systematically monitored



Three Programs of Note

- **The Incredible Years**
 - Children ages birth-12
- **Kazdin Method**
 - Children age 6 to adolescence
- **Triple-P Program**
 - Community-centered; children under 8 years-old

The Incredible Years Parent, Teacher, and Child Programs



Originator and principal researcher
Carolyn-Webster Stratton

Incredible Years Theoretical Foundation

- Addresses Patterson's **coercive family process** with special attention paid to exacerbating school problems
- Heavy use of **social learning theory** through modeling and behavioral rehearsal
- Use of **cognitive strategies** for parent anger and depression management

Incredible Years Training for Parents

- **The BASIC program:** Parenting skills known to promote children's social competence and reduce behavior problems
 - how to play with children
 - helping children learn
 - effective praise and use of incentives
 - effective limit-setting and strategies to handle misbehavior

Incredible Years Training for Parents

- **The ADVANCE program:** Parent interpersonal skills such as:
 - effective communication skills
 - anger management
 - problem-solving between adults
 - ways to give and get support

Incredible Years Training for Parents

- The **SUPPORTING YOUR CHILD'S EDUCATION** program (known as SCHOOL) Parenting approaches designed to promote children's academic skills such as:
 - reading skills
 - parental involvement in setting up predictable homework routines
 - building collaborative relationships with teachers

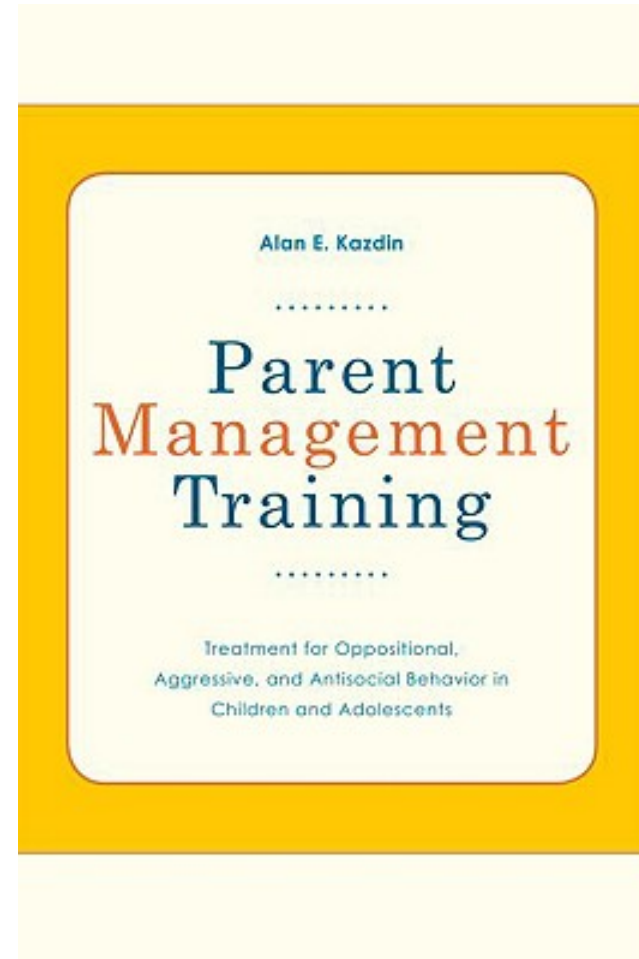
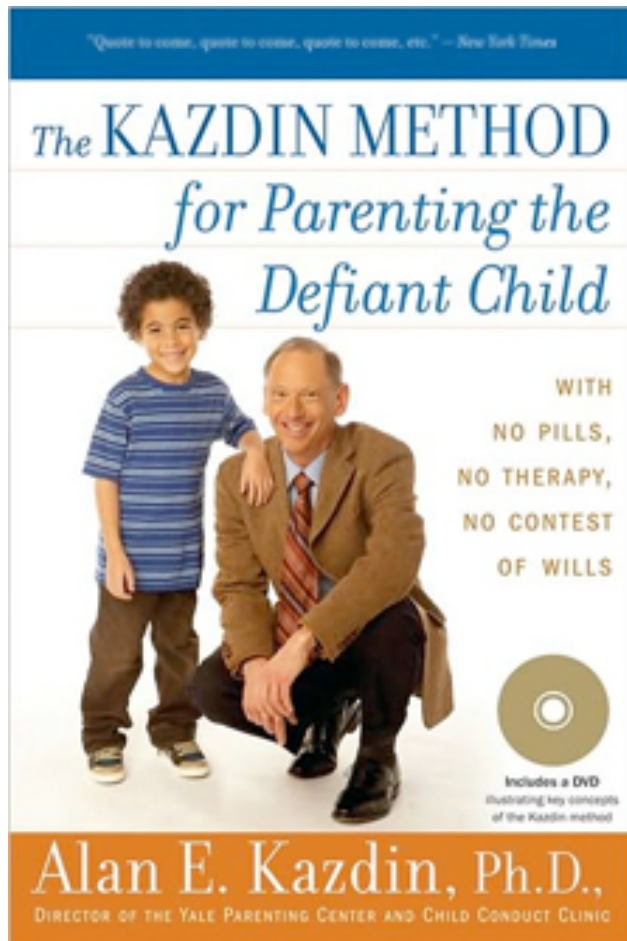


Summary

- Incredible Years a “Blueprints Model Program” meaning it has multiple controlled studies that support efficacy
(see *Center for the Study and Prevention of Violence* in References)
- Training materials, including dubbed videos, are available in Spanish. Cost for materials and videos is in the \$1600 range
- Certification as a Trainer is available and recommended but not required

Parent Management Training

Alan Kazdin



Parent Management Training

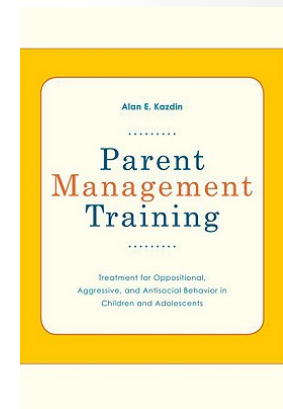
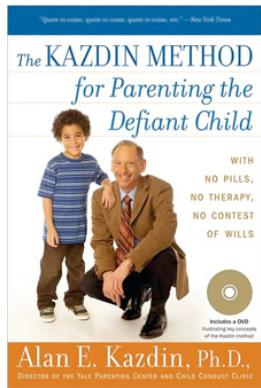
- *Very operant behavior* approach
- Interventions are aimed at the:
 - **Antecedents:** Identify events that increase the likelihood of problem behavior
 - **Behaviors:** Identify the positive opposites that can be substituted for problem behavior
 - **Consequences:** Increase positive reinforcement and decrease punishment

Parent Management Training

Parents are taught to:

- Shift focus to desired new behavior
- Practice that new behavior
- Positively reinforce the new behavior
- Monitor the frequency
- Limit punishment focus and learn more effective procedures such as time-out

Kazdin's Books



- *The Kazdin Method* is aimed at literate parents, but is a very useful text for therapists and contains training videos
- *Parent Management Training* is a more traditional treatment manual with greater depth and session-by-session content

Final Parent Programs of Note

- **The Triple-P Program**



- Blueprint “Promising Program”
- Five levels, from community-wide to individual treatment that encompasses both large scale media work and more focused treatment
- Requires certification training

The Triple-P Program System

Levels of Intervention

- **Universal Triple P (Level 1) Community**
 - Media and informational strategies to de-stigmatize and facilitate help-seeking
- **Selected Triple P (Level 2)**
 - Brief, flexible parent consultations and large group teaching
- **Primary Care Triple P (Level 3)**
 - Four individual meetings, tip sheets, and generalization strategies
- **Standard and Group Triple P (Level 4)**
 - Variety of child management skills training with multiple behaviors in multiple settings
- **Enhanced Triple P (Level 5)**
 - Inclusion of parent mood management, coping, and communication skills

Parenting Wisely and ACT

- **Parenting Wisely** – OJJDP Exemplary Program
- Uses a DVD-driven/on-line approach in which parents respond to problem scenarios
- Ages 3-Adolescent; culturally diverse
- **Adults and Children Together Raising Safe Kids – ACT** (Coming shortly)

Last Thoughts

- Information alone does not reliably change parenting behavior; Training and practice may...
- Training content must not clash with the culture where it will be practiced
 - See Langford et al.(2004)
- Never underestimate the importance of the therapist-client relationship!