

Understanding and Implementing Parent Training in Clinical Practice

Child and adolescent behavioral issues can cause significant disruption to family life. In addition to the effects on family, it may impact academic and social life. Although many parents understand the concepts of reward and punishment, they may not understand the most effective ways to implement behavior management techniques. In addition, many parents may be overly reliant on punitive consequences for negative behavior rather than focusing on ways increase positive, pro-social behaviors. Dr. Hannan's seminar Understanding and Implementing Parent Training in Clinical Practice will teach clinicians how to instruct parents in behavior management. Parent training is essential to positive outcomes in treatment for both externalizing and internalizing disorders. This webinar will include instruction on performing a functional behavioral assessment, case conceptualization, and devising an appropriate behavior plan. Beyond positive reinforcement and punishment, this webinar will present a variety of behavioral techniques including shaping, extinction, and differential reinforcement of alternative behavior. Clinicians will learn how to tailor treatment according to developmental level and co-occurring psychiatric conditions, as well as how to address problems within typical development. Research into the factors associated with successful implementation of behavioral principles will be discussed as well.

Target Audience

Psychologists Social Workers Counselors
Therapists Psychiatrists Nurses
Course level: Intermediate

Learning Objectives

At the end of this seminar, participants will be able to:

1. Give an example of a child/adolescent problem based upon behavioral principles.
2. Demonstrate a functional behavioral assessment with corresponding behavior plan.
3. Modify a behavior plan based upon developmental level and other health/psychiatric issues.
4. Identify at least 6 behavioral techniques to utilize in therapy.
5. Utilize behavioral techniques in work with parents and at least one other setting.

Seminar Schedule

Begin 10AM EST and end 5:15 PM, with 15 minute breaks at 11:30 and 3:30, and a 45 minute lunch break at 1:15 PM

Outline

Begin 10 AM

Introduction to Behaviorism

Basics systems of reinforcement

Break 11:30-11:45 PM ET

Using Behavior Management in Clinical Practice

1. Parent Management Training

2. Functional Behavioral Assessment

Lunch Break 1:15-2 PM ET

3. Setting up a behavior plan based on FBA

4. Implementation of behavior plans

5. Developmental considerations

6. Typically developing child

7. Diagnostic considerations

Break 3:30-3:45 PM ET

8. How to structure parent training

9. Diversity

10. Problems

11. Special considerations

End 5:15 PM ET

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The Presenter

Dr. Scott Hannan is a clinical psychologist and manager of the outpatient clinic at the Anxiety Disorders Center/ Center for Cognitive Behavioral Therapy at the Institute of Living. Dr. Hannan received his Ph.D. from Fordham University and completed his internship at The Institute of Living with a focus on child and adolescent psychology. His training continued at The Institute of Living where he completed his postdoctoral fellowship at the Anxiety Disorders Center, specializing in cognitive behavioral therapy for children, adolescents, and adults.

Dr. Hannan's clinical interests include Obsessive-Compulsive Disorder, consultation with families affected by hoarding, Phobias, Panic Disorder, Post Traumatic Stress Disorder related to motor vehicle accidents, and the treatment of children and adolescents with anxiety disorders. As a specialist in the treatment of school refusal behavior, he also consults with local school districts and conducts training seminars on school avoidance. Dr. Hannan believes that clinical practice should be guided by the latest research. He has worked on numerous research projects focusing on cognitive behavioral therapy for psychiatric problems such as Obsessive Compulsive Disorder, Panic Disorder, Trichotillomania, and Hoarding. Having developed an expertise in Obsessive Compulsive Disorder, Dr. Hannan has been a featured expert on shows such as the OCD Project and Hoarders.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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