



SESSION OVERVIEWS

Session 1

Understanding Parent Effectiveness

In this session we introduce you to the concept of the behaviour window as a fundamental principal in the process of parent effectiveness. We discuss the characteristics of an effective parent as well as problem ownership which is very crucial in establishing the guidelines around how you can move forward and give your children more personal power. We set PET Goals for ourselves and set objectives linked to this.

Session 2 & 3

Learning the Helping skills & Applying Active Listening

We begin our journey into adopting new skills by concentrating on the PET skills that help our children to feel accepted in all their moods and moments. We learn active listening and compare this to the current systems we all use when parenting. We get some amazing practice in using active listening and undertake some great exercises and role plays so you feel confident at home. We try to make it easy and discuss the common mistakes and pitfalls to avoid when implementing at home as well.

Session 4

Preventing problems and conflicts

This session is very rich in 'ah ha' moments as we discuss at length using 'no problem time' to enhance the relationship with our children rather than waiting until a problem arises. We coach you through easily used tools around self-disclosure and sharing values and beliefs with our children as well as honest and direct ways of communicating our needs. We apply amazing examples of how to modify the environment to address behaviour and gain awareness around 'three kinds of time' and how imbalance here will without doubt effect the individual and larger family group

Session 5

Confronting unacceptable behaviour

This session is most parents 'holy grail' as we discuss the importance of having your own needs met and exactly how you do this when in an argumentative situation. We practice, practice, practice using Confrontative I-messages and getting congruent with how we deliver these messages. We spend time discussing how to handle resistance from your children once you start using this technique and re-cap how much more sustainable it is to adopt this PET skill at home and in life that continuing with less effective methods



Session 6 & 7

Resolving Conflict & Using problem solving

In these two sessions we cover off the nature of conflict and deliver 'Method III' also known as the 'no lose' method as a complete and robust process to solving individual and family conflict. We share ineffective ways problem solving may have been handled in the past and compare these to this new method so you can see the absolute value as a P.E.T tool. This AMAZING alternative contains 6 steps from start to finish and together we identify various situations it could be used for at home and work out some self-driven plans around this. We also go into mediating conflicts between children in these sessions.

Session 8

Resolving Values Collisions

This session is very powerful in opening us up to a wider view point around our own values. We offer you a safe environment to start exploring your own beliefs, where they came from and how they fit into your family. We get great practice in around identifying values collisions in the family environment and delve into the methods on how to resolve these value conflicts. Discussion lengthens around modelling and modifying yourself and how this can actually be very useful in getting values issues resolved and bring about connection and more self-awareness. We finish with a course evaluation and family gathering to celebrate.