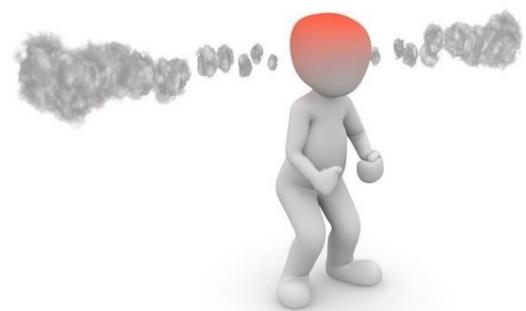




Pennsylvania Association for Play Therapy E-Newsletter

March 31, 2022

Parent Consultation Tips and Resources For Disruptive and Aggressive Behavior



By Courtney M. Alvarez, Ph.D., LPC, NCC, RPT-S

- Free Coursera course available in Parent Management Training - *Everyday Parenting: The ABCs of Child Rearing* with Alan E. Kazdin, Ph.D., ABPP.

<https://www.coursera.org/learn/everyday-parenting>

You can share this course with parents you work with, and you can also complete this course yourself. I find it helpful when parents complete the work to also refer to elements of the course in my parent consultation meetings with them. The course helps parents to understand the principles of behaviorism that describe how antecedents and consequences maintain problem behaviors.

- *Positive Discipline* by Jane Nelsen
- *Positive Discipline A-Z: 1001 Solutions to Everyday Parenting Problems* by Jane Nelsen, Lynn Lott, and Stephen Glenn
- *Positive Discipline Parenting Tools* by Jane Nelsen, Mary Nelsen Tamborski, and Brad Ainge
- *Positive Discipline for Teenagers* by Jane Nelsen and Lynn Lott

Based on the principles of behaviorism, we know that in order to create new, positive, pro-social behaviors, we must provide positive reinforcement of attempts at new behaviors through shaping. Often, parents are trapped in a cycle of negativity when their children are engaging in disruptive and aggressive behavior. Positive Discipline can help to reshape the way parents view the concepts of punishment and reinforcement to encourage those positive changes. Within parent consultation, you can also set goals with parents to verbally recognize 3 positive behaviors in their child per day. So they ensure they are “catching their children doing good,” even when it may not be the ideal, positive behavior.

- *A Therapist's Guide to Child Development: The Extraordinarily Normal Years* edited by Dee Ray

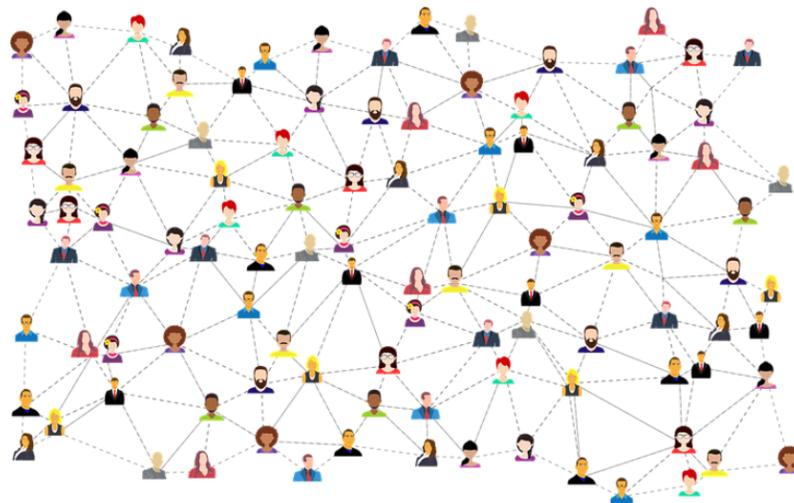
Often, developmentally inappropriate expectations of children can lead to identification of behaviors as problematic. Additionally developmentally inappropriate expectations can create negative cycles of interaction where children “act out” from frustration or perceived inadequacy. Ray’s book is a helpful, brief resource for play therapists to refresh developmental theory knowledge and developmental expectations based on age. The book also includes brief handouts that can be shared with parents.



Post Conference PA-APT Networking Event

The Western Region of PA-APT is hosting another networking event in May to share what we learned at the conference, and how we have started to use or plan to use our new knowledge and skills in our work as play therapists. The event will be hosted at Carlow University at 3333 Fifth Ave, Pittsburgh, PA, 15213 for those who wish to attend in-person. Remote attendance via Zoom is also available. Anyone from outside the Western region is welcome to attend and connect with us remotely!

If you wish to attend the event or want to stay updated on the event, please respond to the following survey to help with planning: <https://forms.office.com/r/v3LRjAJSSG>



Self-Esteem Shop

If you are attending the PA-APT Conference, remember to visit and complete your orders at the Self-Esteem Shop by Monday, April 18 to receive 15% off pre-orders that will be delivered to the conference for FREE. Coupon Code: PAAPT2022

<https://selfesteemshop.com/>



For more information, visit:

<https://www.paapt.org/>

[PA-APT Facebook Group.](#)

Want to contribute to a future edition of the e-newsletter?

Contact Courtney Alvarez at cmalvarez@carlow.edu.