

Consulting With Parents and Teachers

Parent Consultation

- *Engaging the parent*
 - *Initial phone contact*
 - *description of problem*
 - *duration and frequency*
 - *practical matters--cost, time, length of treatment*
 - *rationale and description of the counseling through play process*
 - *answers questions and sets first meeting*

First Session

- *More detailed exploration of problem*
- *Discuss what has been tried to solve problem*
- *Discussion of importance of parents and family in the development of the child and the success of counseling*

Matching Parent Consultation to the Family

- *Minor adjustments in discipline and/or communication patterns*
- *Minor marital problems*
- *Moderate to severe marital problems*
- *Lack of parenting skills*

Lack of parenting skills: Teach

- *Listening and problem definition*
- *Goal recognition*
- *Consequence setting*
- *Encouragement*

Personal problems of parents

- *When personal issues of parent(s) are moderate or severe refer*
- *Difficult to work in counseling role with both child and parent at same time*

What type of information should the counselor gather from the parent?

- *Presenting problem data*
- *Data about factors effecting child's lifestyle*
- *After gathering initial information about presenting problem focus is on contributing factors not problem--Avoid defining child in terms of problem*

Focus of information gathering is on parent perceptions:

- *How child gains significance in the family*
- *How child interacts with others in the family*
- *How child interacts with others in the world*
- *Birth order and personality of each child*
- *Rate each child on intelligence, helpfulness, materialism, selfishness*
- *How child's behaviors grow from this viewpoint*

Focus of information gathering is on parent perceptions:

- Family atmosphere
- Parent relationships with children
- Views on strategies for discipline

Additional questions for parents:

- Daily routine
- Child's responsibilities
- Behaviors that annoy parents
- How they respond
- How they feel when the behavior persists
- How child reacts to reprimands

See Kottman Appendix C for list of specific questions

Check for stressful events as possible reasons for sudden misbehavior

- Death
- Move
- Change in family
- Alcoholism, mental illness of family member

Using information gathered

- *Teaching parents new strategies for perceiving and interacting with child*
- *Reframe behavior to help parents see it in a more positive light*

Brigman's suggestions for consultation

- *Structure the meeting*
- *Start with positives/strengths*
- *Use a logical sequence of questions*
- *Gather missing background information*

Brigman's suggestions for consultation

- *Offer suggestions*
- *Focus on 1-2 issues*
- *Build in encouragement*
- *Clarify plan and follow-up*

Consultation: Three Keys

- *Triadic*
- *Indirect*
- *Collaborative*

Adlerian parent education resources

- *STEP, STEP TEEN, ACTIVE PARENTING*
- *Winning Children Over-F. Walton, Columbia SC*
- *Positive Discipline-J. Nielson*

Adlerian teacher education resources

- *Cooperative Discipline*
- *ACTIVE TEACHING*
- *Consultation in the Schools-- White, Mullis, Earley, Brigman*

Summary--Personalizing

- *Top 2-3 ideas from this chapter*
- *Ways I can apply what I have learned*
- *Questions/concerns I have*