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
- Wining 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