

Cognitive Behavior Therapy Institute

Strengths-Based Parenting Strategies that Work

Friday, September 22, 2017

11am - 12:30pm

Signup online at:

www.cognitivebehaviorassociates.com

Parents are often trying to juggle many demands at once, making it difficult to always be thoughtful about the way they are parenting their children. Lauren Shapiro, Ph.D., will focus on evidence-based parenting techniques that amplify a child's strengths, enhance the parent-child relationship, and teach children contingencies: when they behave well, good things happen; when they do not, there are logical, natural consequences.

This workshop is designed to help you:

1. Explain the role of emotional awareness and regulation
2. Create routines in the home and between parent-child
3. Assess dysfunctional vs. effective parenting strategies that enhance the parent-child relationship



Cognitive Behavior Therapy Institute (CBTI) is approved by the American Psychological Association to sponsor continuing education for psychologists. CBTI maintains responsibility for this program and its content.
Joel L. Becker Ph.D., Founder and Director



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