

Parent management training (PMT)



Parent management training (PMT)-is an adjunct to treatment that involves educating and coaching parents to change their child's problem behaviors using principles of learning theory and behavior modification .



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Parent management training (PMT), also known as behavioral parent training (BPT) or simply parent training, is a family of treatment programs that aims to change parenting behaviors, teaching parents positive reinforcement methods for improving pre-school and school-age children's behavior problems (such as aggression, hyperactivity, temper tantrums, and difficulty following directions).



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Major focus of PMT

- Providing positive reinforcement for appropriate child behaviors
- parents learn to reward appropriate behavior through social rewards (such as praise, smiles, and hugs)
- concrete rewards (such as stickers or points towards a larger reward as part of an incentive system created collaboratively with the child)



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In addition, parents learn to select simple behaviors as an initial focus and reward each of the small steps that their child achieves towards reaching a larger goal .



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PMT also teaches parents to appropriately set limits using structured techniques in response to their child's negative behavior. The different ways in which parents are taught to respond to positive versus negative behavior in children is sometimes referred to as differential reinforcement



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The training is usually delivered by therapists (psychologists or social workers) to individual families or groups of families, and is conducted primarily with the parents rather than the child, although children can become involved as the therapist and parents see fit.



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Childhood disruptive behaviors

PMT is one of the most extensively studied treatments for childhood disruptive behaviors.

PMT tended to have larger effects for younger children than older children, although the differences between age groups were not statistically significant.



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Improvement in parental mental health (depression, stress, irritability, anxiety, and sense of confidence) as well as parental behavior is noted.

Improvements in child and parent behavior were maintained up to one year after PMT, although the effects were small;

very few studies have been done on the durability of the effects of PMT.



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PMT targets dysfunctional parenting and school-related problems of children with ADHD, such as work completion and peer problems.

Pfiffner and Haack (2014) say PMT is well established as a treatment for school-age children with ADHD, but that questions persist about the best methods for delivering PMT.



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