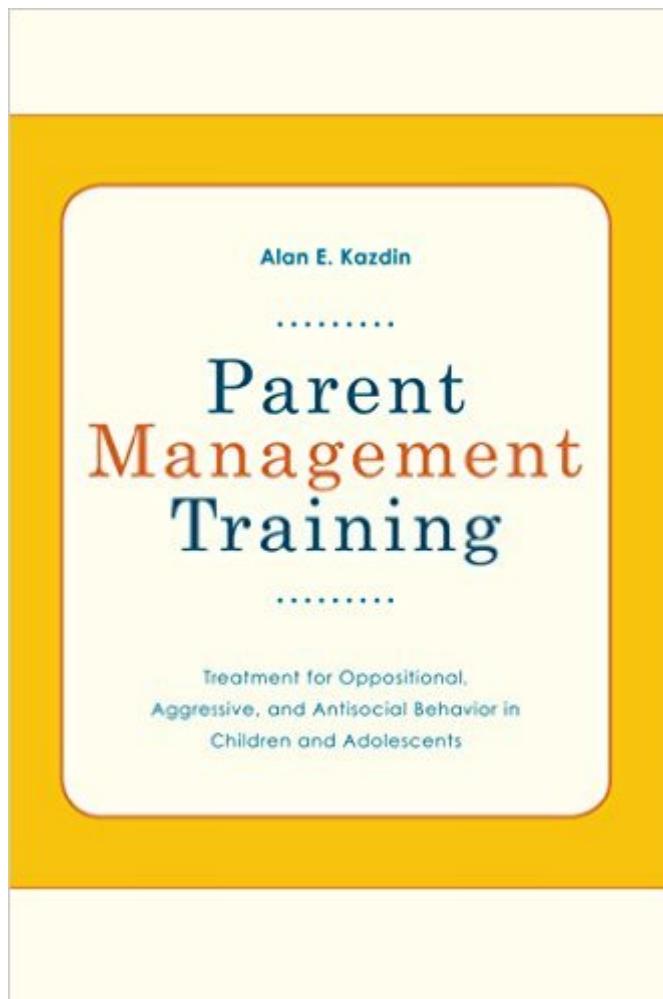


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# Parent Management Training: Treatment For Oppositional, Aggressive, And Antisocial Behavior In Children And Adolescents



## **Synopsis**

Among evidence-based therapies for children and adolescents with oppositional, aggressive, and antisocial behavior, parent management training (PMT) is without peer; no other treatment for children has been as thoroughly investigated and as widely applied. Here, Alan E. Kazdin brings together the conceptual and empirical bases underlying PMT with discussions of background, principles, and concepts, supplemented with concrete examples of the ways therapists should interact with parents and children. The second half of the book is a PMT treatment manual. The manual details the particulars of the therapy: what is done to and by whom, what the therapist should say, and what to expect at each stage of treatment. It also contains handouts, charts, and aides for parents. A companion website ([www.oup.com/us/pmt](http://www.oup.com/us/pmt)) provides additional resources for clinicians.

## **Book Information**

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## **Customer Reviews**

Alan Kazdin is one of the preeminent child psychologists and a superb writer. His manuals are

always top-notch, and "Parent Management Training" is another terrific book. Written for mental health professionals, the book outlines in detail parent management training (PMT), a behavior-based treatment developed for parents of children with conduct problems. The treatment has been shown to work in numerous studies, as detailed by Kazdin. In fact, PMT is one of the most thoroughly investigated child treatments. The first section of the book discusses issues related to the treatment's efficacy. In addition, Kazdin provides a variety of pointers about how to actually implement PMT. Common barriers in parent training are explored and user friendly tips provided. The second section of the book is the complete PMT manual, including various reproducible forms used during the intervention. After reading this book, the therapist with a basic background in behavior therapy should be able to implement PMT. "Parent Management Training" is a welcome addition to the world of treatment manuals. The book is ideal for therapists who want to expand their repertoires, graduate students who are trying to learn PMT, and graduate courses. The book, however, is not targeted toward parents. Most highly recommended.

I am attempting to use this book in conjunction with Problem-Solving Therapy to treat ODD teens and preteens. Using these two approaches together is the only highly-rated evidence-based programs I could find for treating ODD that is suitable to a private practice setting. Using the book is quite frustrating though. The writing is dense and tightly compacted making it difficult to read and refer to. The instructions are often confusing, especially given that the worksheets required to use in each session are not included in the book. In trying to find them I even wrote to the author for assistance, but there was no response. I continued to spend a great deal of time searching for them online and finally did locate them. I would say this is probably an excellent program but it sure is a challenge to push through this huge tomb and come out with a practical and simple enough way to introduce it to parents. Also parents are resistant to this drawn out positive approach to their teen's behavior. They face such a variety of destructive, complex and serious problems that can all occur within a day and simply must be addressed at the time they occur. They desperately need to know what to do with this variety of daily emergencies they can't ignore (i.e. pulling a knife, screaming for hours, self-harm, slugging siblings, refusing to go to school). Observation, points, calm reprimands and positive reinforcement don't apply at these times. The parents are usually working by necessity, too, so this approach is very time-consuming to apply effectively in their typical already stressful and exhausting day. So far, though, they are at least giving it a try and if they can stick with it perhaps eventually they will see results before these children end up in juvenile hall.

This book is fantastic! If you need skills to deal with oppositional behavior this is your book. It is really for clinicians though and not parents. There are other books that are more geared for parents and caregivers that would be easier to read.

I am an educator of children with special needs and the parent of a child with autism and childhood apraxia of speech. This book is an excellent resource for professionals who wish to teach parents, or parents who do not have professionals willing or able to teach them. Self-efficacy has been connected to parent mental health and child outcome. Professionals who have not got the memo on that need to do some reading and start helping your parents help their children - and themselves.

I'm leading a parenting group based on this text now and it has been a helpful addition to my curriculum. very clearly written.

I am impressed with Kazdin's manual and have put it to great use in my counseling practice. I have read Kazdin's book on defiant kids and found both the book and the DVD to be helpful for my parents to read as well. Barkley's clinical manual on Defiant Teens is even more helpful to me, but this program provides a great deal of information that is critical in working with parents of defiant teens.

Super book! I highly recommend to parents, professionals, and everyone else! Dr. Kazden presents a new form of behavior change in a basic and simple to understand way. I know I've lent my copy out a couple times...

This book is a reference for trained professionals. I would not recommend it to parents without a full university training.

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