

Who's in Charge?

SESSION OVERVIEW - COURSE AIMS

- SESSION 1** Parents are the solution - not the problem!
Reducing guilt and isolation
Family dynamics & the miracle question
- SESSION 2** Understanding causes
It is never one cause it is always multi-causal
Exploring entitlement
- SESSION 3** Clarifying & identifying boundaries
What is acceptable & what is not acceptable behaviour
Understanding influence
- SESSION 4** Responsibility & the power of irresponsibility
What you do for your child
Building responsibility through consequence
- SESSION 5** Regaining Control
When you've tried everything & failed - finding leverage!
Parenting Styles
- SESSION 6** Exploring Anger
Which buttons are being pressed? Yours and theirs!
Myths of anger
- SESSION 7** Passive, Aggressive - Assertive!
Looking at the positives
Loving when their behaviour is unloveable!
- SESSION 8** Self respect
The importance of self care
Maintaining our own state
- SESSION 9** Reinforcing progress
Time for reflection and future goal setting