Review and Clarify

Repeat back to the parent

goals for seeking services. Ask the parent to let you know which parts of your understanding seem right and which parts seem wrong.

Helpful Tips

Some parents may be surprised at, or resistant to, the idea that you will be working mainly with them, expecting that you would mainly talk to the child. Such parents may perceive that the focus on parents implies that they are being

meeting can go a long way toward ensuring that parents get engaged and continue to participate in treatment. Consider the following approaches:

One approach is to note that overcoming mental health problems is different from overcoming other problems. In the case of behaviour problems, experience over the past fifty years has shown that working with parents is especially effective. More recent research has shown parent-led OBT for anxiety to be as effective as traditional treatment for

behaviour and mood has to be done mostly at home and in other places where the child lives his or her everyday life

most influential. The child might spend, at most, an hour per week with the therapist, but *many more* hours every week at home with parents. So it makes sense that most of the solution to conduct problems needs to be based at home, and with the parents.

o Another point that can be helpful is to note that this particular child has Suppose, for example,003\$2007\$17D\$(le,)]T\$D1 \$0.8.8\$100119966.4√58r\$€€€