

## ► MORE ABOUT PMT

In PMT, the therapist conducts initial teaching sessions with the parents, giving a short summary of foundational concepts in behavior modification; demonstrating interventions for the parents; and coaching parents in carrying out the techniques of PMT.

Early meetings with the therapist focus on training in the principles of behavior modification, response-contingent learning, and ways to apply the techniques. Parents are instructed to define the behaviors to be changed concretely and specifically. In addition, they learn how to observe and identify relevant behavior and situational factors, and how to chart or otherwise record the child's behavior.

### **PMT Session Topics**

1. Pretreatment and Orientation
2. Define, Observe, and Record Behavior
3. Positive Reinforcement
4. Time Out from Reinforcement
5. Attending and Planned Ignoring
6. Shaping and School Program
7. Review and Problem solve
8. Family Meetings
9. Low Rate Behavior
10. Reprimands
11. Compromising 1
12. Compromising 2
13. Skill Review, Practice, and Termination

## ► OUR SERVICES

- › Outpatient Services
  - Anger Management
  - Family Counseling
  - Individual Counseling
  - Group Counseling
- › Community Support Team
- › Intensive In-Home Services
- › **Community Alternative Program-CAP**
- › Substance Abuse Counseling
- › Substance Abuse Intensive Outpatient Program -SAIOP
- › Community Support Services
  - Adult
  - Child/Adolescent
- › Diagnostic Assessments
- › Comprehensive Clinical Assessments
- › Day Treatment (projected service)

Endorsed for services in Wayne, Duplin, Sampson and Lenoir Counties.

Memorandum of Agreement for endorsed services in Johnston County and the Sandhills Catchment area



### **Family First Support Center**

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## Family First Support Center

### **EVIDENCE-BASED PROGRAMS**

#### **Seeking Safety**

*manual-guided, cognitive behavioral approach designed for individuals with co-occurring substance abuse and post-traumatic stress symptoms*

#### **Parent Management Training PMT**

*designed to increase the parenting skills of parents to children with problematic behaviors*

*Serving all populations*

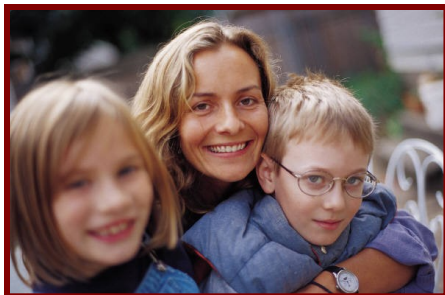


*to promote positive life-changing results.*

## ► SEEKING SAFETY

**Seeking Safety** is a present-focused therapy that focuses on building current coping skills rather than focusing on past traumatic events. It can be used for other additional diagnosis please consult with our mental health professional staff who is knowledgeable about this program.

Results showed significant improvement in substance abuse, trauma-related symptoms, suicide risk, suicidal thoughts, social adjustment, family functioning, problem solving, depression, and cognitions about substance abuse, when compared to other treatments. The program has been evaluated with a variety of populations and has been validated in outpatient, inpatient, residential, individual and group formats.



## ► MORE ABOUT SEEKING SAFETY

### Session Expectations

The four parts of each sessions combine discussion, role-play, practicing and other techniques.

#### 1. Check-In

*Determines how client is doing*

#### 2. Quotation

*Emotionally engages client*

#### 3. Integration

*Meaningfully connects client to topics*

#### 4. Check-Out

*Reinforces client progress/gives feedback*

### Sample Session Topics

There are twenty-five topics that can be presented in any order, in a variety of formats, and across a variety of populations and the topics are designed to integrate with other approaches.

Introduction To Treatment  
Safety  
PTSD: Taking Back Your Power  
Detaching from Emotional Pain (Grounding)  
When Substances Control You  
Asking for Help  
Honesty  
Taking Good Care of Yourself  
Compassion  
Recovery Thinking  
Commitment  
Healing from Anger  
The Life Choices Game  
Termination

## ► PARENT MANAGEMENT TRAINING <sup>PMT</sup>

**P<sup>MT</sup>** involves educating and coaching parents to change their child's problem behaviors using principles of learning theory and behavior modification. It is adjunct to individualized diagnosed treatment.

The aim of PMT is to decrease or eliminate a child's disruptive or inappropriate behaviors at home or school and to replace problematic ways of acting with positive interactions with peers, parents and authority figures, i.e., teachers.

To accomplish this goal, PMT focuses on enhancing parenting skills. The PMT therapist coaches parents in applying such strategies as rewarding positive behavior, and responding to negative behavior by removing rewards or enforcing undesirable consequences

Although PMT focuses on specific targeted behaviors rather than on the child's diagnosis, it has come to be associated with the treatment of certain disorders.

PMT is used in treating *oppositional defiant disorder* , *conduct disorder* , *intermittent explosive disorder (age-inappropriate tantrums)*, and *attention-deficit/hyperactivity disorder*. Antisocial behaviors like *fire setting* and *truancy* can also be addressed through PMT.