

PARENT COACHING

As a parent who is bringing your young or adolescent child to therapy, you are required to attend three parent coaching sessions on the front end. This program is intended to help you empower your child with various skills as you support her/him through their therapy. These skills include effective listening techniques, sharing control by using “enforceable statements”, helping your child own their own problems and solutions, and following through with natural and constructed logical consequences. Parent coaching has been helpful to literally hundreds of parents so far, we believe you will find it helpful as well! Your child’s therapist will help you with scheduling these sessions. Insurance may cover depending upon plan (BCBS, Health Partners, Preferred One, Medical Assistance).

Here’s what parents continue to say about our program...

We came to the Parent coaching program after having repeated power struggles with our kids. We were definitely stuck in a rut. The empathy and choice giving skills were especially effective with the power struggles. Role-playing was also very helpful as it made us aware of our typical reactions and then gave us a chance to practice new behaviors. The first session alone had almost an immediate impact.

D.K.

I was a court ordered to participate in a parenting program. I came to the Parent coaching program after getting a referral from my probation officer. The skills on communicating were helpful right off the bat. They showed me how to show my children that I truly am interested in what they have to say. My parenting coach was obviously a very good listener himself and that put me at ease. He helped me to see that the choices we make for our kids greatly affect their future.

S.B.

Our daughter was attending play therapy at CRC because of the difficulty she was having after our divorce. The Parent coaching program was recommended in addition to my daughter’s therapy. The program helped me to hone my skills with empathy, affirmation and teaching her how to make choices within my parameters. My ex-husband, his wife and I actually attended the parent coaching together. Our Parenting Coach was fair and empathetic making a very awkward situation workable. Tom is wonderful at what he does.

L.Y.

I came into the Parent coaching program because I was court-ordered. The program provided me with many helpful techniques. Specifically helpful were the techniques of empathy and giving choices within my parameters. Tom personalized the program to fit my specific needs. This kept me enthusiastic and focused. Tom did an excellent job. I thank him and commend him.

J.B.