

# GenerationPMTO

## Parent Group Format Strengthening Families in Transition

**Parenting Through Change (PTC)** Parent groups engage participants in an active, educational, supportive experience. Parents recognize their strength, build self-confidence, learn from each other, and develop life-long parenting strategies for success.



### What Parents Say About PTC Parent Groups

“What I learned in this class is something that I was never told when I was a kid. I wished my parents had told me that they loved me. Now I get closer to my kids and tell them that I love them. Because I did not live this as a kid, I was not expressing it to my children.”

“I benefited from learning how to give directions. I was always angry when giving directions and because I had to give directions two or three times, my children would not comply. Now, I first have emotional control and then I give directions and everything is better.”



“Role plays helped me to understand how my children feel.”

“Yelling was my way of reacting. Now, I have learned with these tools to control my emotions, to breathe, and to control myself.”

“We benefited a lot from the family meeting. We never did it before and we never let children express their opinions. Now, we are holding our family meeting once per month and it has brought us together.”

“The group leaders never left us with any doubts. I saw a lot of dedication from them and they never ignored us. They were excellent, always accessible to everyone, very cordial, and friendly. They were always concerned about us.”

# GenerationPMTO Group

## Parent Group Format Teaching it Forward



### PTC Training Structure

#### Underlying Principle:

- Active teaching engages participants in the learning process

#### Workshop Size:

12—15 participants

- Cost-effective
- Addresses attrition
- Ensures sustainability
- Prepares for infrastructure



#### Kick Off Workshop:

- A 1-day gathering builds enthusiasm, supports buy-in, and promotes culture change.

#### Group Leaders' Path to Certification:

- Active workshops promote mastery in model content and group process. (3 workshops, 10-12 days)
- Coaching (2 days) plus ongoing virtual and written support
- Booster workshop (1 day)
- Strength based consultation and support
- (total = up to 16 days, including kick-off workshop)

#### Supervisors, Support and Ancillary Staff

- A 2-day workshop enhances model comprehension throughout the agency and promotes consistent support of practitioners and, ultimately, parents.
- A booster workshop keeps skills fresh and tailors for fit.

#### Certification Support:

- Candidates conduct fictional practice and PTC group work.
- Video recorded work is uploaded to a secure, HIPAA-compliant database, where feedback provided.
- ISII supports candidates throughout training.

### PTC Parent Group Structure

#### Underlying Principles:

- Parents are their children's best teachers
- Shine the light on what you want to grow
- We can do it

#### Parent Group Leaders:

2—3 Leaders per group

#### Session Frequency:

- 12 weeks; 90 minutes in length, occur weekly
- Sessions are agenda-driven, responsive and focus on skill building to promote effective parenting during times of transition.
- Parent groups can be staggered to provide parents options.

#### Makeup Sessions:

- Parents make up missed content in a group that is offered for parents from all groups that week.

