

Week 11 – Big Ideas  
Parent Education training 2

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An Ecological Approach to child and family clinical and counselling psychology -  
Stormshak & Dishion

1. An Ecological model is not a ‘theory’, but a framework in addressing different developmental problems and interventions. It looks at the child as the centre of the framework and all of the relationships, settings and contexts the child interacts with/in to develop, organize and design an intervention.
2. Friendships with peers are a important factor within an ecological model. Children who are unable to form positive friendships in childhood may have poor adjustment to the school and increased academic failure. These children who do not develop friendships are more likely to develop anti-social behaviour and engage in substance use.
3. The family check up (FCU) – “designs linkage between Assessment, intervention and motivation” (Stormshak & Dishon, 2002) which is parent focused within and strengthens the school-parent relationship. It is typically a three part intervention (but can be extended into a greater intervention package) that targets the child’s ecology.
4. Therapist must have be off on the right foot from the get go with a parent intake into an ecology model. The author suggests entering the child’s home to first meet with parents (as research shows this enhances engagement). Rapport building is important; a therapist can do this by reflective listening. Therapists should be assessing motivation, strengths and weaknesses at the initial point of contact as well as determining discrepancies between the current and desired state of the family.

The family check-up with high-risk indent families: preventing problem behaviour by increasing parents positive behaviour support in childhood - Dishion et al. 2008

5. A PBS approach in early childhood will decrease the likelihood of reactive parenting and coercive escalations
6. “A brief, adaptive, and tailored approach to supporting positive behaviour support practices can prevent the growth of problem behaviour in young children at a critical 2 year period in development (ages 2, 3 and 4 years)” (Dishion et al., p. 1408 ).

Parent Management Training – Oregon Model - Forgatch & Patterson – P. 159 – 178

7. The PMTO model, teaches parents to used positive reinforcement and ‘scaffolding’ to teach pro-social behaviours. Limit setting and monitoring is used as tool to discourage deviant behaviours – especially with interacting with deviant peers. Problem solving is used as a family unit that involves “setting goals, developing strategies to achieve these goals, communicating to the decision,



trying it out and making relevant adjustments “(p. 166). Positive involvement is used for parents to show their child love and interest.