

Parenting Strategies

Parenting Strategies is an 8-week curriculum designed for parents/guardians who are interested in learning helpful parenting strategies. This course will also address specific techniques for effectively managing the behavior of children who experience emotional or behavioral dysregulation..

In this group parents will practice skills and have the opportunity to get consultation from the group members and co-leaders in a supportive, non-judgmental environment.



Group Co-leaders:

Elliott Nerland MS Ed. BCBA has been working as a Board Certified Behavior Analyst with children, families, teachers and administrators in Shrewsbury since 2008. Mr. Nerland specializes in identifying environmental variables that may be contributing to problem behavior and creating individualized support plans.

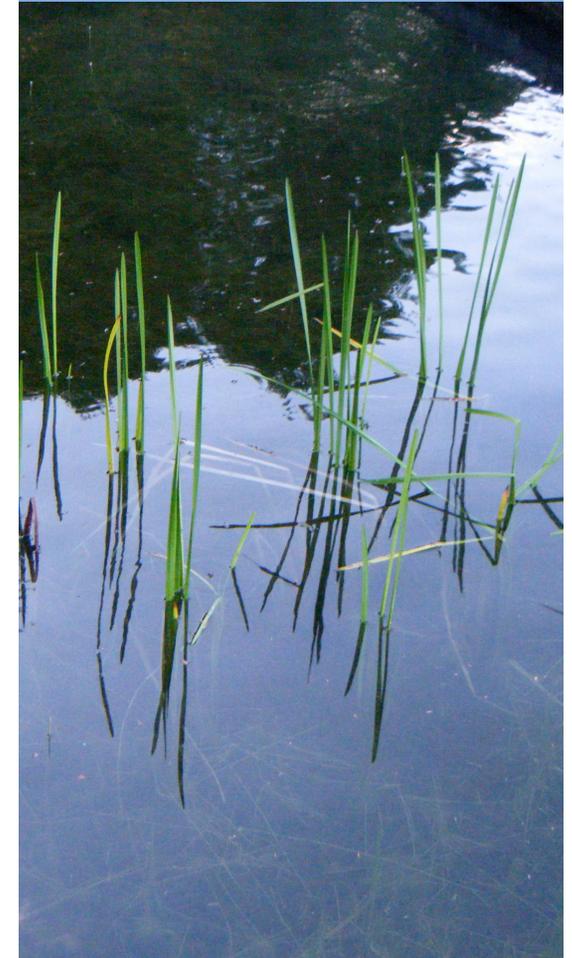
Kimberlee Kusiak MD is a Child and Adolescent Psychiatrist who has been practicing for 20 years. She has been consulting to the Shrewsbury Schools since 2010 and was previously the Medical Director of the 3 East Adolescent DBT Partial Hospital Program.

For further information contact:

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Acceptance
Balance
Change



8 week course

Parenting Strategies

Information About Group

❖ Commitment to attend all 8 sessions is strongly recommended as the skills and concepts taught will be built upon those learned the previous weeks. Regular attendance also allows the group to become more cohesive allowing for more effective consultation between members.

This group is open to all Shrewsbury parents and guardians and is offered by the Shrewsbury School Department free of charge.

❖ This group will run for 8 weeks. Majority of the meetings will be held in the "Bent Presentation Room" which is located in the Shrewsbury High School at 5 Holden Street. Two meetings (February 23rd and March 1st) will be held at Sherwood Middle School in the Media Center. Meetings will run from 6 PM- 7:30 PM on Tuesday nights.

Working toward balance.

Groups are exclusively for parents and guardians and are run with a curriculum format more than "processing and sharing".

The content of this group will include 1) Parenting Dilemmas 2) Validation Skills 3) Effective Communication 4) Assessment of Problem Behaviors 5) Basic Principles of Reinforcement 6) Behavior Change Procedures 7) Crisis Survival

Spring 2016 Course Schedule

February 9th
February 23rd – SHERWOOD MIDDLE SCHOOL
March 1st – SHERWOOD MIDDLE SCHOOL
March 8th
March 15th
March 22nd

March 29th
April 12th

Goals of this group include: 1) educating parents on the biosocial theory and the interaction between emotional vulnerability and an invalidating environment 2) teaching new methods of communication to create a mutually validating environment 3) decreasing judgmental thinking 4) providing a safe environment in which to work on these goals 5) teaching basic behavioral principles 6) teaching how to assess behavior within the context of the environment 7) selecting individualized behavior change procedures based on the results of assessment.

