

CHILD-PARENT-RELATIONSHIP (C-P-R) TRAINING

Give your children what they need most: You

When children have problems, sometimes they don't have the words to talk about them. Play gives children a way to communicate feelings they don't understand or can't express any other way.

Play therapy has been shown to be an effective intervention with children for a variety of behavioral and emotional difficulties. Research has shown that motivated parents can be trained to be as effective as play therapists using play therapy skills with their own children, with as little as 20 hours of Child-Parent-Relationship (C-P-R) Training.



Tuesdays from 6:30pm to 8:30pm

July 12th through September 13th, 2022

Email or call Family Roots Therapy for more information or to register at:

Phone: 503-746-3373

Email: info@familyrootstherapy.com

Fee is \$80 per class for 10 weeks

Research studies have shown that Child-Parent-Relationship (C-P-R) Training can:

- Reduce or eliminate behavior problems
- Enhance the parent-child relationship and marital relationship
- Develop responsibility and self-control in children
- Increase children's self-esteem and self-confidence
- Increase parents' feelings of warmth for their children



Some of the things you will learn include:

How to help your child open up to you

Therapeutic limit-setting

Recognizing emotional needs and building self-esteem

Fostering creativity, self-control and self-responsibility

Facilitated by Brettyn Gibson, LPC & Stephanie MacDonald, Professional Counselor Associate