

¹Parent Assessment

Prior to engaging your family in Problem Solving Communication Training, take some time with the caregivers to evaluate how parenting has impacted their relationship to each other as partners.

What was your life like before your child was born?

How did the birth of your child change your life? Your relationship with your partner?

What's your current strategy for handling conflict with your teen? Do you and your partner agree on how to handle conflict with your teen?

How have the problems with your teen affected your relationship with your partner?

Does your teenager ever try to take advantage of disagreements between parents? (ie: Divide and Conquer!)

How is your teenager's behavior affecting your social life? Your finances?

How do you think improving your relationship with your teenager will benefit the family? Your relationship with your partner?

¹ Adapted from: Problem Solving Communication Training. Robin, Bedway & Gilroy. CBT+