

Keynote

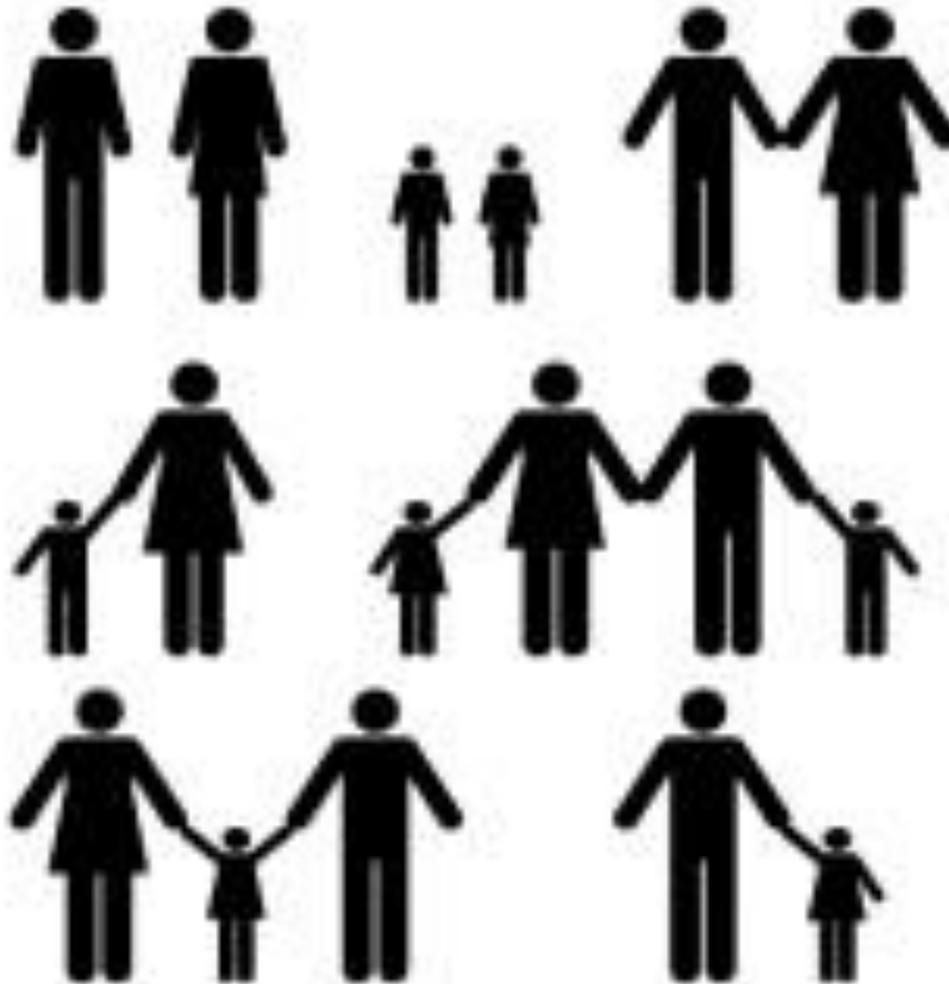
**Four Decades of Parenting/Family
Intervention Research:
Where have we been and where are we going?**

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Parents have always needed support



Current status

- Many parenting/family interventions
- Thousands of studies
- Permeating:
 - Treatment
 - Early intervention
 - Prevention
- Applied to broad array of child and family issues
- Greater appreciation of evidence
- Emergence of population approach (*a la* Triple P)

Outline of presentation

1. Precursor influences during the 1950s and early 1960s
2. Early developments in parenting intervention
3. Future challenges and directions



Precursor Influences
1950s and early 1960s



Coalescing conditions (in the U.S.)

Dissatisfaction with traditional psychiatry

Changes in the mental health field

Rise of family therapy



Common practice in 1950s

- Dominant perspective: intrapsychic processes
- Child seen once or twice per week by a psychiatrist
- Advice to parents
 - Not based on empirically support theories about parenting and child development
 - *Ad hoc*, unclear basis

Mental health changes (1960s)

- Massive change from inpatient to community treatment
 - Child inpatient (remove child from family)
 - Outpatient (more need for parental participation)
- Arise of accountability movement
 - Insurers began to question psychiatric treatment (which was often open-ended and obtuse)
 - Community mental health
 - Accountability to consumers
 - More cost effective and humane than long-term inpatient care
- Early seeds of evidence-based programming

Family therapy

- Families of hospitalized patients
- Growth of family therapies in 1950s and 1960s
- Recognition
 - Family dynamics and interactions impact children
 - Parents have action choices
 - Family relationships, parenting central to child development



**Early developments
in parenting intervention**

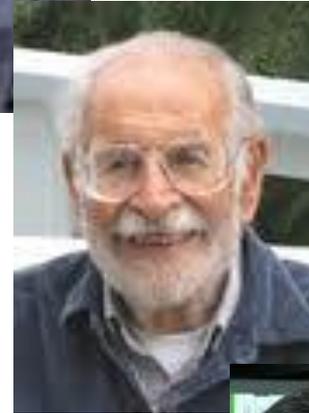


Applied behavior analysis

Don Baer



Sydney Bijou



Todd Risley



Applied behavior analysis

- Looking for functional relationships
- Focused on action and change
- Careful observational measurement
- Reliance on systematic single-subject designs
 - ABAB (reversal) designs
 - Multiple baseline designs across:
 - Behaviors
 - Settings
 - Individuals

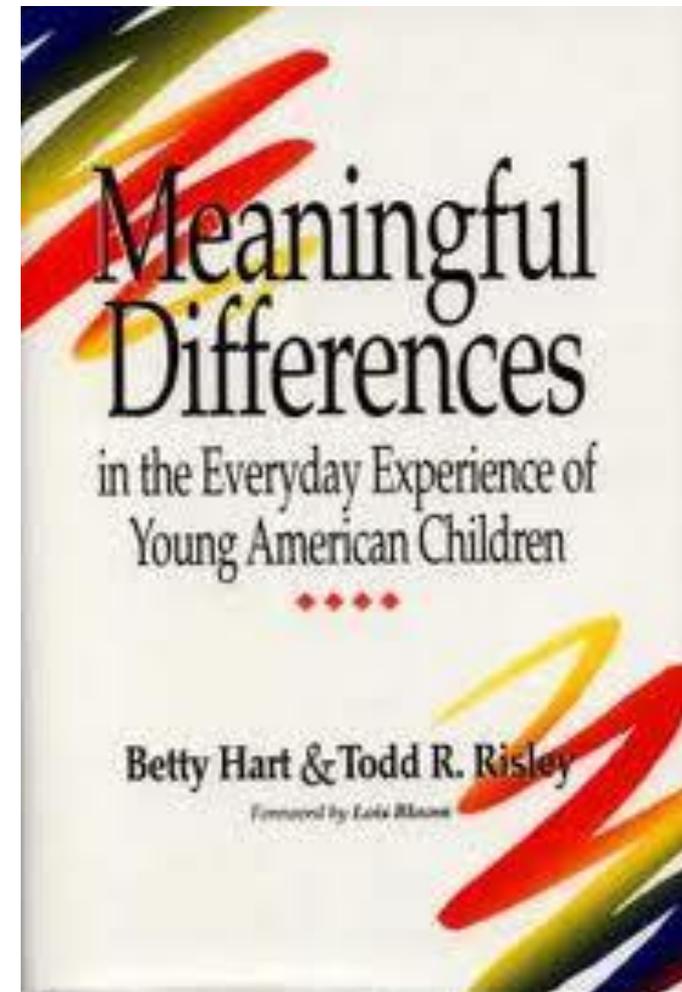
Early benchmarks/breakthroughs

- Coaching mothers in dyadic playroom interactions (Wahler et al., 1965)
- Parent as “therapist” or change agent (Baer)
- Using positive attention contingently
- Using antecedents and setting variables
- Ecological considerations—home delivery or assessment
- Collecting situational data for functional analysis

Hart & Risley

Impact of early childhood experiences on language, subsequent development

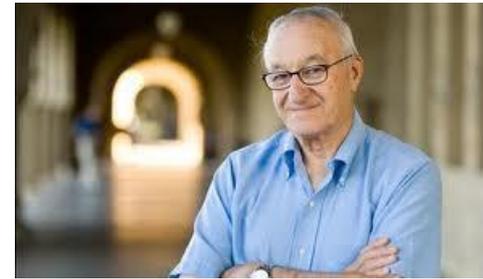
Underscores critical role parents can and do play in child development



Social learning

Albert Bandura

- impact of social environment
- modeling
- self-efficacy



Gerald Patterson

- social-interactional theory
- escalation of coercive parent-child interactions
- delinquency trajectories



1970s and 1980s

- Longer interventions with parents
- Packaging elements into programs
- Individual and group formats
- Starting to see controlled outcome studies

Program developers (next generation)

Examples:

Sheila Eyberg



Matt Sanders



Carolyn Webster-Stratton



Current parenting interventions

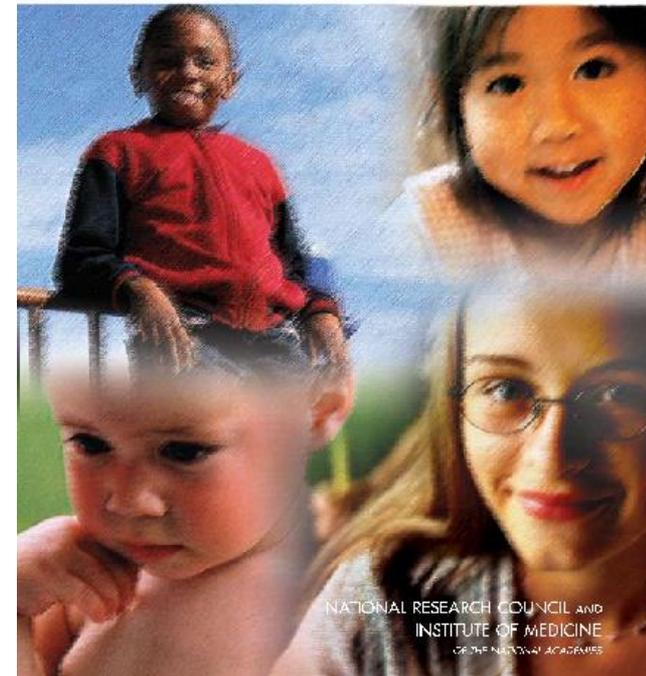
- Evidence-based parenting interventions show convergence
- Commonalities:
 - Action focused
 - Specific, concrete and practical parenting strategies
 - Collaborative goal-setting
 - Consultative rather than prescriptive
 - Problem-solving oriented
 - Positive frame

Institute of Medicine underscores:

- Endorsing a population health perspective
- Providing families with easy access to evidence-based preventive interventions
- Minimizing stigma

Preventing Mental, Emotional,
and Behavioral Disorders
Among Young People

Progress and Possibilities





Future challenges and directions



Use of technology

- Technology for parenting interventions is in the swooning phase
- Many challenges
- Need to broaden the concept of fidelity
- Avoid technology for technology sake—content and process still critical
- Test how and when to interface professional contact
- Need ethical and practical guidelines:
 - To prevent abuse of the systems
 - Protect privacy and confidentiality

Measurement

- Improve the validity of parenting assessment
 - Measuring real change
 - Addressing social desirability and demand characteristics
- Population surveillance measures
 - Child maltreatment indicators well-developed
 - Need to refine or install population measures for:
 - Child mental health
 - Child well-being
 - Family well-being
 - Parenting (or proxies for parenting)

Implementation issues

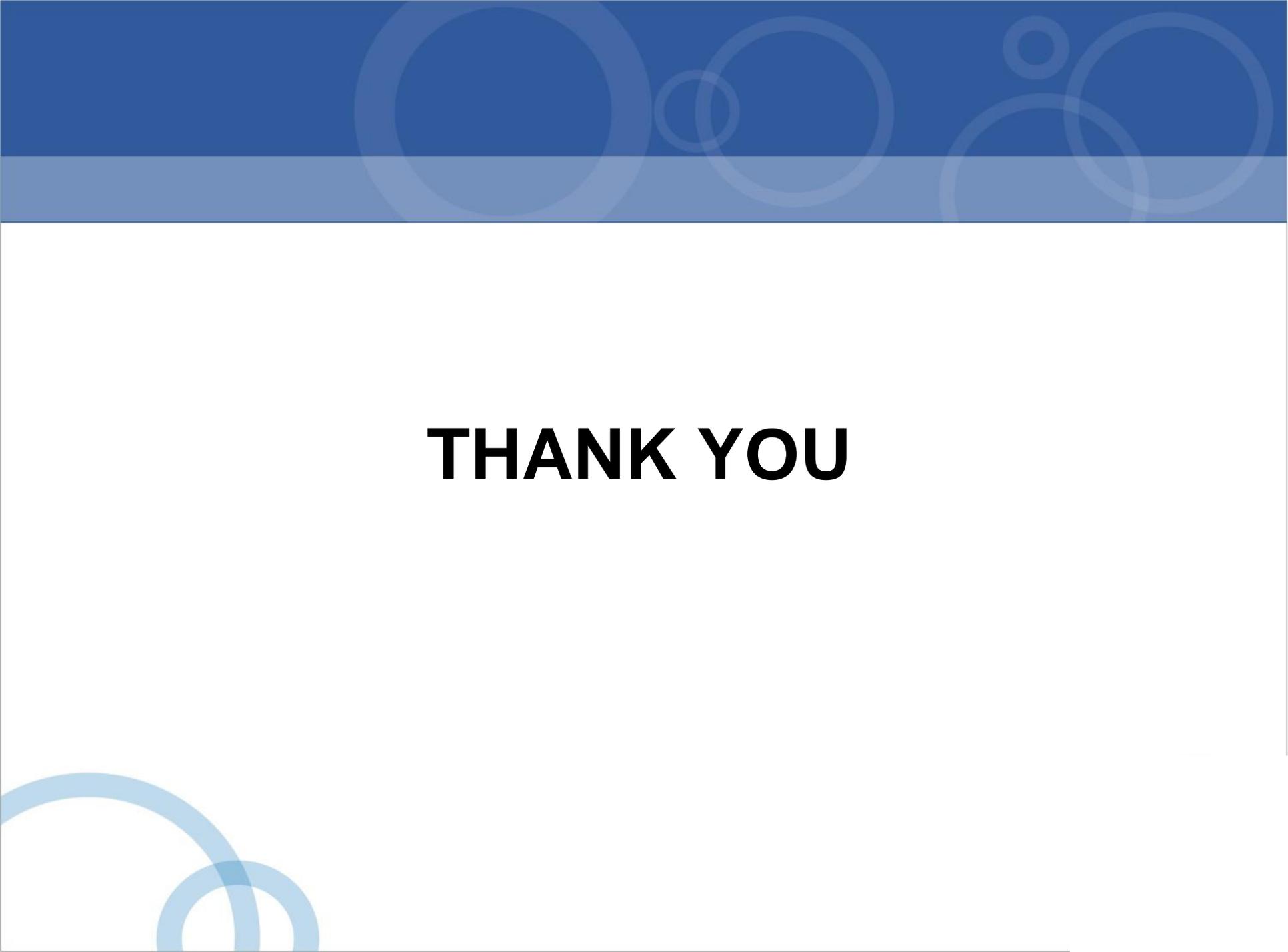
- Population strategy presents additional challenges to implementation
- Alliance of multiple organizations and agencies (rather than a single organization)
- “Fidelity” too narrowly operationalized for population strategy—need broader quality indicators
- Media strategies present new implementation considerations

Words matter

- We have peddled parenting/family interventions with many terms
 - Parent training
 - Parent management training (PMT)
 - Behavioral family therapy
 - Parenting classes
- We need to promote a community friendly set of terms that depart from stereotypes
- I try to use “parenting support” or “parent consultation”—which I find to be softer and with less baggage

Conclusions

- Much to be proud of in the parenting intervention field
- Parenting/family interventions are leading the whole psychosocial intervention field
- Today's population strategies for parenting and family support show how far all of us have come
- The future is quite promising!

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THANK YOU