



## P.E.T. – Parent Effectiveness Training

- Is your communication good with your children, but you would like it to be better?
- Do you want your children to open up more about their feelings, thoughts, and opinions?
- Are you looking for new suggestions to get your child to listen and cooperate more?
- Tried time-outs, grounding, consequences, yelling, and nothing is working as you hoped?
- Do you want a no-nag way to impart your values to your children?

P.E.T. is the most researched, implemented and influential model of parenting pioneered by Nobel Peace Prize nominee, and psychologist, Dr. Thomas Gordon. Gordon’s model is the basis of many conflict resolution and effective communication courses taught in universities, colleges and workplaces in the past four decades. New and updated to reflect the many changes in society, this PROACTIVE course will provide you with valuable skills to move your parenting skills from good to exceptional.

### **In this course, you will learn:**

- The parenting myths of Acceptance, Consistency, and United Fronts.
- The variable ways that parents view behaviour and misbehavior.
- How to decide who owns the problem.
- How to help your child when they have problems.
- How to assert your needs as a parent and gain cooperation without using rewards or punishments.
- How to help siblings solve their conflicts respectfully.
- How to solve problems and conflicts between parent and children.
- How to resolve value collisions.

Presented in a 2 day-six hour format, or a 4 week-three hour format, or an 8 week 1.5 hour before/after work session. Please contact us to discuss other presentation options.

**Bonus:** Free online instructor-moderated forums at Facebook and Yahoo Groups enables graduates to access continued support and information.

### **Presented by:**

**Judy Arnall, BA, International award winning Speaker and best-selling Author of “Discipline without Distress: 135 tools for raising caring, responsible children without time-out, spanking, punishment or bribery.”**

**[www.professionalparenting.ca](http://www.professionalparenting.ca)**

**(403) 714-6766**

**[jarnall@shaw.ca](mailto:jarnall@shaw.ca)**



**P**arent  
**E**ffectiveness  
**T**raining

*The proven program for raising responsible children*