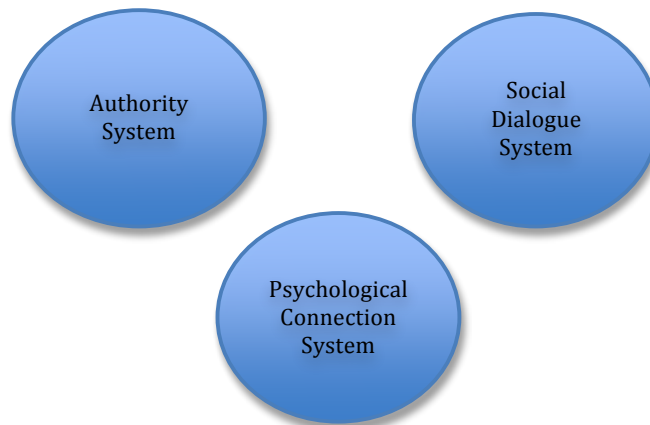


## Description of Seminars in Successful Parenting

C.A. Childress, Psy.D.

Traditional approaches to parenting have involved disciplining children (i.e., punishing children's "misbehavior" and perhaps rewarding their "good behavior"). Within a system of discipline, we typically include affectionate support to greater or lesser degrees depending on our own family background of relationships and emotional injuries.

There are, however, actually 3 brain systems involved with the emotional, social, and psychological development of children, of which the dominance-submission networks of the Authority System are but one:



Each of these brain systems has an important role to play in the healthy emotional, social, and psychological development of children.

- **The Authority System**

The Authority System involves a set of dominance-submission networks. In the presence of a "dominance cue," we can induce submissive behavior through the threatened application of punishment (i.e., by inducing suffering). The Authority System is an **external control** system, it results in **obedience**, and it involves the parental use of **discipline strategies**.

- **The Social Dialogue System**

The Social Dialogue System is a complex set of social-communication networks for 1) reading social cues, 2) interpreting the meaning of those social cues, 3) emitting social cues, and 4) developing and executing a socially organized plan for integrating our activities into the activities of the social group. This system is nested within speech and language networks, emotional regulation networks, and sensory-motor processing networks. The Social Dialogue System is the **self-control** system, it results in **cooperation**, and it involves the parental use of **guidance** strategies.

- **The Psychological Connection System**

The Psychological Connection System is one of two Relationship Systems (the other being the "Attachment System"). Understanding the role and function of the Psychological Connection System is **THE KEY** to unlocking the effective use of the other two brain networks

## Parenting Seminars Offered by Dr. Childress

### 1-Hour Introductory Lecture:

This Introductory Lecture presents basic information related to brain development (e.g., “we build what we use”) and covers each of the three primary brain systems involved in healthy child development; 1) The Authority System, 2) the Social Dialogue System, and 3) the Psychological Connection System. The Introductory Seminar also introduces the concept of “protest behavior” and its role in healthy child development. The Introductory Lecture concludes with a 3-step approach to developing guidance strategies (“Finding Solutions”).

### 2-Hour Parenting Seminar

This Parenting Seminar extends the information of the Introductory Lecture to include additional information on the effective use of the Authority System (the calm-and-confident communication of authority and the effective use of punishment). The 2-Hour Parenting Seminar also covers the interrelationship, activation, and use of the 3 primary motivational systems:

- 1) Active exploratory learning (play)
- 2) Task-oriented and goal-directed activity (work)
- 3) Relationship motivations (attachment and psychological connection)

The 2-Hour Parenting Seminar also introduces parents to the 4 major “Organizing Intentions” governing their responses to their children, and the impact of these parental intentions on their children’s development. The 2-Hour Parenting Seminar concludes with a 3-step “Intervention Model” based on the information discussed in the seminar.

### 4-Hour Advanced Parenting Seminar

This Advanced Parenting Seminar expands the material presented in the 2-Hour Parenting Seminar, providing a more extensive discussion of the role of “protest behavior” and an expanded discussion of the “eyes-of-the-other” in organizing children’s self-structure and self-experience. A more complete understanding of the relationship systems of attachment and psychological connection is achieved, and developmentally supportive parental responses to resolving more serious anger control issues, impulsivity, school related problems, and adolescent behavioral and motivational issues are discussed.

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Dr. Childress provides the 1-Hour Introductory Lecture and 2-Hour Parenting Seminar **Free-of-Charge** to PTAs, church groups, and community organizations of 10 or more parents in the Pasadena, Diamond Bar, San Dimas, Claremont, and Pomona areas.