



Parent Training Programs that Address Behavior Problems in Children and Adolescents

Definition:

The CEBC defines **Parent Training Programs that Address Behavior Problems in Children and Adolescents** as parent training services for parents/caregivers that have a goal of preventing or reducing common behavior problems in children and adolescents. Click [here](#) to see the overall Parent Training Programs topic area page.

Topic Area Criteria:

- **Target population:** Parents who may need assistance dealing with common behavior problems in children, such as temper tantrums, back talk, conflict over homework or chores, etc. with a focus on changing the youth's behavior through a parent-mediated approach
- **Services/types that fit:** Direct intervention with parents in individual or group formats delivered face-to-face, via internet, or through recorded media (e.g., videos)
- **Delivered by:** Trained paraprofessionals, educators, or mental health professionals
- **In order to be included in this topic area on the CEBC:** The overall focus of the program must be on parent training and have a goal of preventing and/or reducing child behavior problems (i.e., the program may have multiple goals with preventing and/or reducing child behavior problems being one of them)
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the [Scientific Rating Scale](#)) that examines outcomes in child symptom levels, functioning, and/or behaviors (e.g., mental health, disruptive behaviors, etc.). In addition, research evidence may also examine outcomes in parenting behavior (e.g., changes in behavior management skills)

Programs

The table below provides a summary of the rated programs currently listed in the **Parent Training Programs that Address Behavior Problems in Children and Adolescents** topic area. More detailed information can be found on the [CEBC website](#).

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Connect: A Trauma-Informed and Attachment-Based Program for Parents and Caregivers	Caregivers (biological parents, foster parents, kinship caregivers, etc.) of preadolescents (ages 8-12) and adolescents ages (13-19)	1	Medium
Family Check-Up (FCU)	Caregivers of children 2-17 years old in the middle class or lower socioeconomic level	1	Medium
GenerationPMTO (Individual Delivery Format)	Parents of children/youth 2-18 years of age with disruptive behaviors such as conduct disorder, oppositional defiant disorder, and anti-social behaviors	1	High
Parent-Child Interaction Therapy (PCIT)	Children ages 2.0 – 7.0 years old with behavior and parent-child relationship problems; may be conducted with parents, foster parents, or other caretakers	1	Medium
Parenting Through Change (PTC; GenerationPMTO Group)	Parents of children/youth ages 2-18 at risk for or presenting with behavior problems	1	High
Strong African American Families Program (SAAF)	African American youth, aged 10-14, and their parents/caregivers	1	Medium
Triple P – Positive Parenting Program – Level 4® (Level 4 Triple P)	For parents and caregivers of children and adolescents from birth to 12 years old with moderate to severe behavioral and/or emotional difficulties or for parents that are motivated to gain a more in-depth understanding of positive parenting	1	Medium

Programs

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Chicago Parent Program (CPP)	Parents of young children 2-5 years old; may be used with parents/caregivers of children 6-8 years old	2	Medium
Common Sense Parenting® (CSP)	Parents and other caregivers of children ages 6-16 years	2	Medium
Guiding Good Choices® (GGC)	Parents of adolescents and young teens	2	Medium
Hitkashrut	Families with children who are showing early signs of conduct problem development	2	Medium
Promoting First Relationships (PFR)	Caregivers of children birth to five years	2	High
Triple P – Positive Parenting Program® – Level 3 Discussion Group	Parents or caregivers of children ages 0-12 years with mild-moderate emotional and behavioral concerns	2	Medium
Triple P Online	All parents or caregivers of children ages 0-12 years	2	Medium
Triple P – Positive Parenting Program® – Level 2 Selected Seminar Series (Selected Seminars Triple P)	Parents or caregivers of children aged 0-12 years	2	Medium
Tuning in to Kids (TIK)	Parents and caregivers of children with disruptive behavior between 3 and 12 years of age; can be used with parents and caregivers of children without disruptive behavior between 3 and 12 years of age as a preventive or early intervention	2	Medium

Programs

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Tuning in to Teens™ (TINT)	Parents and caregivers of children and adolescents aged 10-18 years	2	Low
1-2-3 Magic: Effective Discipline for Children 2-12	Parents, grandparents, teachers, babysitters, and other caretakers working with children	3	Medium
Active Parenting 4th Edition	Parents and caregivers of children ages 5 to 12	3	Medium
Active Parenting of Teens	Parents and caregivers of preteens and teens ages 10 to 17 with a wide range of problems including oppositional behavior, poor self-esteem, lack of general life skills	3	Medium
Active Parenting of Teens: Families in Action	Parents and caregivers of youth ages 12-14	3	Medium
COPEing with Toddler Behaviour	Parents of 12- to 36-month-olds who are having challenges with toddler behaviour	3	Medium
Child-Parent Relationship Therapy (CPRT)	Parents of children ages 3-8 with behavioral, emotional, social, or attachment disorders	3	Medium
DCCTF'S Effective Black Parenting Program (EBPP; Authored by CICC)	African-American families at risk for child maltreatment	3	High
Defiant Children: A Clinician's Manual for Assessment and Parent Training	Parents of children ages 4-12 years who are defiant or who may qualify for a diagnosis of oppositional defiant disorder (ODD)	3	Medium

Programs

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Early Pathways Program (EPP)	Children 6 years of age and younger with significant behavior and/or emotional problems including trauma and their primary caretaker(s)	3	High
FAST® – Elementary School Level	Children in Pre-Kindergarten through 5th grade and their families	3	Medium
Helping the Noncompliant Child (HNC)	Parents of children (age 3–8 years old) who are noncompliant and have related disruptive behavior/conduct problems	3	Medium
The Incredible Years® Preschool Basic Parent Training Program	Parents/caregivers of young children (ages 3–6) in higher risk families or who are exhibiting high rates of conduct problems, attention-deficit/hyperactivity disorder (ADHD), or developmental delay	3	Medium
Parent Effectiveness Training (P.E.T.)	Parents of children ages 0 to 18 with communication and behavior problems	3	Medium
Parent-Child Care (PC-CARE)	Caregiver and child age 1–10 years who has or is at high-risk of developing behavior problems or who is adjusting to a new home or family situation	3	Medium
Parenting Wisely: Teen Edition	Families with children at risk for or with behavior problems, substance abuse problems, or delinquency	3	Medium
Positive Discipline Parent Education	Parents of children and adolescents (birth through 18 years) who are typically developing; and teachers of children (toddlers through adolescence) who are typically developing; parents, teachers, and service providers of children with special needs (infants through teens), including children with disorders of attachment, children on the autism spectrum and children exposed to trauma	3	Medium

Programs

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
Systematic Training for Effective Parenting (STEP)	Parents of children - birth through adolescence	3	Medium
Triple P – Positive Parenting Program® System (System Triple P)	For parents and caregivers of children from birth to age 16	3	Medium
Trust-Based Relational Intervention (TBRI) – Caregiver Training	Caregivers (including birth parents, resource parents, and residential direct care staff) of children, youth, and young adults (0-25) who are at risk for/have histories of relational trauma, including maltreatment, abuse, neglect, violence, absence of a consistent caregiver, and involvement in child welfare and/or juvenile justice settings	3	High
Trust-Based Relational Intervention (TBRI) – Online Caregiver Training	Parents (e.g., birth parents, foster parents, kinship parents, adoptive parents, etc.) and caregivers of children who have histories of relational trauma or have experienced early adversity such as maltreatment, abuse, neglect, multiple home placements, and violence	3	High