



## **Parent Belief Group**

**Group Description:** The Parent Belief Group is a seventeen (17) week long group experience that is designed to use a cognitive therapy approach to help parents change the things about their parenting that do not work as effectively for them as they would like. The group is guided through a process of discovery during which parents identify how they developed their method of parenting, and the reasons why they parent the way they do now. The group is then challenged to create the parenting style they desire and to identify the needed beliefs and changes they would have to make to create those changes.

- Identification of past behaviors and the thoughts that support them.
- Creation of the ideal parenting possibilities and the thoughts that support them.
- Identification of the steps needed to move in the direction of more desired parenting plan
- Design and completion of experiments that test out the new parenting possibilities.

**Other Aspects to Consider:** Referrals should have had some direct experience with their children. Parents of infants or those who have never had custody of their children will not gain as much from the group experience.

**Group Structure:** All necessary materials and handouts will be provided. Group members can only miss two sessions. After that they will be invited to join another rotation of the group.

**Population:** Male and female adult caregivers may attend. Teen parents will be considered on a case by case basis.

**Time:** Every Tuesday 5:30 – 7:00 pm. Members should plan to attend 17 weeks in a row.

**Sessions:** Group sessions last approximately 17 weeks and are closed new participants after the first session. New referrals will be placed in the next rotation.

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