

EVIDENCE BASED

CHILD BEHAVIOR MANAGEMENT PROGRAM FOR PARENTS

The basic premise of the program is that children are not “bad”. They have learned to behave badly, and by applying advanced techniques based on learning theory, parents can teach their children to behave more appropriately. By understanding why and how behavioral techniques work, parents are more likely to use them, and to do so effectively. Likewise, parents learn to put techniques together in an organized manner that makes each individual technique more effective than using it by itself.

Program Goals

- Greater competence for parents in dealing with noncompliance and disruptiveness
- Improve child compliance to appropriate commands and rules given by parents
- Increase parent’s knowledge of the causes of child misbehavior and the principles the underlie the learning of appropriate behavior

Appropriate for parents of children ages 4-11 years old who display noncompliant behavior alone or in conjunction with other disorders. The program is presented in 11 consecutive 75 minute group sessions. An additional “booster” session is provided on month after the last session.

Where: 44 Bearfoot Road, Suite 300 Northborough

Contact the office at 781-551-0999. This group may be covered by your health insurance. Please speak to a clinician for details.



Dr. Brevik specializes in providing outpatient clinical care to children, adolescents, and families who suffer from a variety of mental and behavioral health issues, such as anxiety disorders, mood disorders, post-traumatic stress disorders, oppositional defiant disorder, developmental disorders, and ADHD. Stephen utilizes a cognitive-behavioral approach to care, with a client-centered and collaborative focus. Stephen provides various outpatient services aimed at improving functioning for patients through consultation, crisis intervention, parental support, and individual, family, and group therapy approaches.