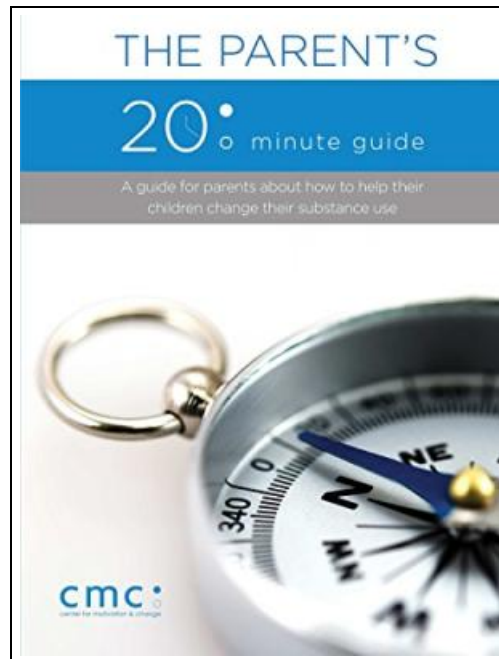# The Parent s 20 Minute Guide (Second Edition) (Paperback)

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THE PARENT S 20 MINUTE GUIDE (SECOND EDITION) (PAPERBACK)

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Lulu.com, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Parent s 20 Minute Guide helps parents change their child s substance use. Developed by psychologists at the Center for Motivation and Change, the 20 Minute Guide pulls from Motivational Interviewing (MI), CRAFT (Community Reinforcement and Family Training), Cognitive Behavioral Treatment (CBT), and Dialectical Behavior Therapy (DBT) to give family members the best tools to help a loved one change their substance use while staying connected and using the power of science and kindness. This guide will help you with such tools as: How to react when your child has been using substances and when he has NOT been using; How to co-parent and collaborate as effectively and smoothly as possible; Getting more of what you want to see from your child and less of what you don t; How to talk to your child so that you are more likely to be heard; How to take care of yourself all along the way.

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