



TRAINING OVERVIEW

FALL IN LOVE WITH BEING A PARENT AGAIN!

A 10-WEEK PARENTING "TRANSFORMATION"
USING THE CHILD-PARENT RELATIONSHIP THERAPY,
FACILITATOR-LED TRAINING PROGRAM

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An overview of Child Parent Relationship Therapy (CPRT)

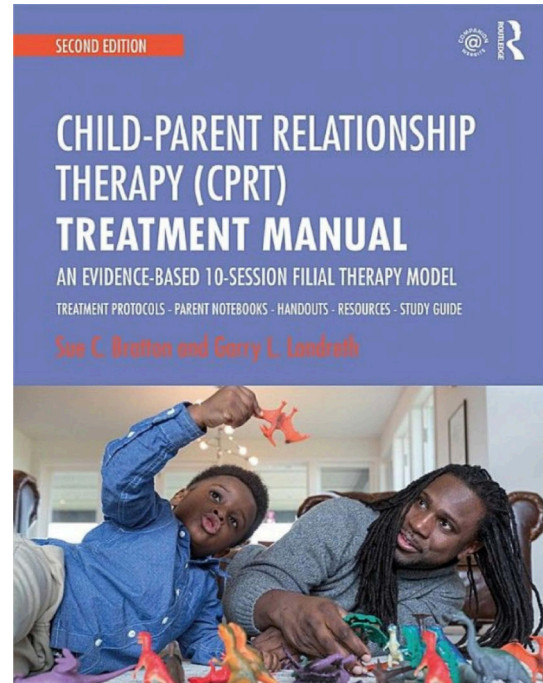
WATCH THE VIDEO AT: <https://www.thekidcounselor.com/cprt-overview>

Child Parent Relationship Therapy (CPRT)

CPRT is a training program that was created by the top Play Therapists in the world.

Dr. Garry Landreth and Dr. Sue Bratton (considered by many to be the Godfather and Godmother of modern, child-centered Play Therapy) originally published this training in 2005.

CPRT is a 10-week, facilitator-led training program that teaches you how to build that relationship that is the key to being a happy Mom and Dad.



The reason CPRT is the best program is because it addresses the root of children's emotional and behavior dysregulation more completely and thoroughly than any other training that I'm aware of.

What sets this training apart are the **facilitator led sessions**, the **weekly play sessions** you conduct with your child, and the **feedback** you get by the facilitator about the play sessions.

No other parenting program or training has this level of "completeness"

And this is why CPRT will get you all the way across the finish line, and on your way to being the happy Mom and Dad that you desire to be.

And I think you're tired of training that falls short, right?

You're ready for a training that gets you all the way



TRAINING OVERVIEW: Child-Parent Relationship Therapy (CPRT)
<https://www.thekidcounselor.com/cprt-overview>

CPRT addresses the **ROOT** of the problem

Before we get to the course outline, let's review the purpose of this training.

The root of the parenting problem is that you have a **fundamental breakdown in the RELATIONSHIP** with your child.

Play Therapists have been studying this for over 50 years.

What makes Play Therapy skills and techniques so effective, is not the skills or techniques... it's **the RELATIONSHIP the therapist builds with the child.**

Typically, in the first three or four weekly sessions a play therapist spends with a child is what we call the bonding, or rapport building phase.

The child learns that the therapist **unconditionally accepts them** as they are. **No judgments** about their behavior or personality... just **unconditional acceptance.**

Once the child bonds with the therapist, they are then free to work through their issues, and the parents see dramatic changes in the child at home and school.

But make no mistake! The **RELATIONSHIP** is the key to everything.

I like to think of it this way...

If there were a door
that you had to walk
through to be a happy
Mom or Dad, the
RELATIONSHIP with
your child is the key
that opens that door.



What you can look forward to in this training

Over the course of the 10 week training, you will notice your **family life looking different!**

- ▶ **Kids behave appropriately** - Your kids will learn how to self-regulate, self-control, and to behave in self-enhancing ways.
- ▶ **Fun has been restored to your family** - Because you've introduced a component of PLAY back into the relationship with your kids.
- ▶ **You'll enjoy being together again** - You're able to do things together as a family that behavior prevented before.
- ▶ **You will be calm and in control** - You'll know how to handle power struggles, outbursts, tantrums, and meltdowns with confidence.

In 10 weeks, you will gain **confidence in your skills** as a parent

- ▶ **Regain control as a parent** - you'll be in control of your family situations (in a healthy way, not a "control freak" way!)
- ▶ **Help your child develop self-control** - you'll return responsibility to your child and offer meaningful choices
- ▶ **Effectively discipline & limit inappropriate behavior** - you'll set effective limits neutrally and calmly
- ▶ **Understand your child's emotional needs** - you'll better relate and recognize your child's feelings and desires
- ▶ **Communicate more effectively with your child** - you'll notice cues and gain perspective that you didn't have before



You will learn the Basic Principles, Philosophies, and Beliefs of Play Therapy that build the relationship with your child

▶ **"Being With"**

Possibly you've heard the phrase "be present" with the person you're interacting with to have deeper, more meaningful communication. This is especially true for kids. To emotionally connect with your child, CPRT teaches you how to "be with" them.

▶ **Focus On The Relationship**

The RELATIONSHIP is the key to happy parents and kids. Skills and techniques help to build the relationship, but are not the reason the system works. Stay focused on the relationship.

▶ **Recognizing Feelings**

Kids are emotional, not rational. To connect with them, you must first recognize their feelings and reflect it back to them. Reflecting Feelings is the first, most foundational skill you will learn.

▶ **Setting Limits**

Everyone wants to know effective discipline techniques. But limit setting is more than just correcting behavior - it allow the child to develop self-control and self-regulation.

▶ **Choice-Giving**

Almost all power struggles stem from a feeling of powerlessness. Giving choices to your children is a integral tool to empower them to feel more in control of their circumstances, but also practice decision making skills.

▶ **Esteem-Building**

Every child must develop a healthy sense of self to behave in self-enhancing ways among family and peers. You will learn the formula for helping your child to discover who they are and what they are capable of.

▶ **Encouragement Vs. Praise**

You will NEVER have to say "Good Job!" again. Praise is crippling for kids, so you will learn the difference, and why encouragement provides kids with what they need to persevere, problem solve, and become internally motivated.



CPRT: Expectations and requirements

So that we can ensure your success in this program, there are certain things that myself and your facilitator expect from you, and things that you can expect from us.

From You

- ▶ **10 week commitment** - Only about 2 months to a completely transformed relationship.
- ▶ **30-minute weekly play sessions in the home** - You get to have FUN with your child!
- ▶ **Completing homework assignments** - Helpful skill based practice for real life parenting moments.
- ▶ **Obtaining materials and toys** - You probably already have most of them.
- ▶ **Video-recording of home play sessions** - So that we can give you immediate feedback and encouragement.
- ▶ **"I can do it" attitude!** - Because you can and we will help you every step of the way.

From me and your Facilitator

- ▶ **Training materials** - All material and curriculum provided and included.
- ▶ **Instruction** - Weekly training videos and modules to teach you everything you need.
- ▶ **Email support** - Questions along the way? Just reach out.
- ▶ **Encouragement** - Support and pep-talks freely given.
- ▶ **Feedback** - Weekly review of homework, play sessions, and practice so that you can hone your skills.



CPRT: Week-by-week

Every week, you will log into the online training site. The week is usually structured by watching several videos of me giving you the weekly training. Then there is a weekly homework component (it's really easy and very practical!) In weeks 3-10, you will conduct a 30-minute, special play session with your child, focusing on the single skill learned that week. Finally, each week, you will meet with your facilitator over a video conference call to go over the homework, watch your play sessions, and give you feedback on the course content.

Here are the topics learned week-by-week:

Week 1: Laying the foundation for building a better relationship

Week 2: "Being with" your child

Week 3: Play sessions do's and don'ts

Week 4: Limit Setting (A-C-T)

Week 5: Why to use Limit Setting

Week 6: Choice Giving 101 & common problems in play sessions

Week 7: Esteem building responses

Week 8: Encouragement vs. praise

Week 9: Advanced Limit Setting & Limit Setting outside the play session

Week 10: Things to remember & overview

After week 10, we encourage you to continue your play sessions with your child-of-focus, or you can start play sessions with another child.

We have support options available beyond the 10-week CPRT course to help you continue and better your Play Therapy skills.

Most importantly, you are in The Kid Counselor "Family", which means you have access to private Facebook groups, podcasts, videos, and tons of blog posts that will reinforce and help you "tweak" your new skills.

CPRT is just the beginning of your parenting journey to love being a parent again! We will be with you every step of the way.

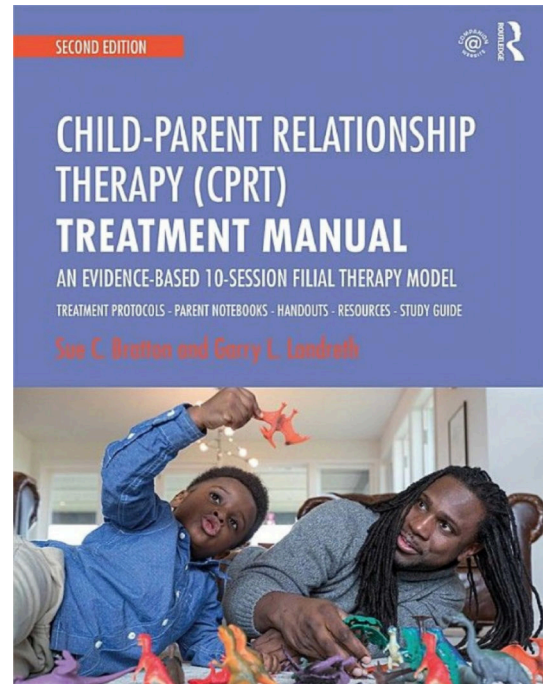


CPRT: Pricing and payment process

Child Parent Relationship Therapy

- ▶ **30+ On-Demand Videos**
- ▶ **Downloadable Worksheets**
- ▶ **1-Hour Facilitator Led Feedback Sessions per Week**
- ▶ **Lifetime Access to the Training**

\$175 per week for 10 weeks



Taking your child to therapy typically runs \$125-\$225 depending on the education and skill level of the therapist. Also, the national average number of weeks a child goes to therapy is 20 weeks!

So taking your child to a therapist might cost \$2,500 to \$4,500, depending on the therapist!

With CPRT, you're not only getting therapy for your child, but you're getting invaluable parenting training at the same time!

And it's compressed into a 10-week program.

We encourage you to continue your play sessions with your child past 10 weeks, so that your child gets the full course of therapy needed to properly work through their issues. But you'll have all the training you'll need already completed in just 10 weeks.

Payment is processed via credit card by your facilitator each week after your feedback session.

Please read the next page that answers common questions.



CPRT: Commonly Asked Questions

Does Insurance cover CPRT?

The Kid Counselor Center is considered an out-of-network provider for most insurance companies. You will need to call your insurance and ask what your out-of-network reimbursement rate is. If you qualify, you will be given an itemized list of payments in the form of a "super bill" which you can submit to your insurance for reimbursement. The first step is to call your insurance company to confirm.

Can I use my HSA card?

In most cases, we've been able to process an HSA card, and often the sessions will count against your deductible. You should call your insurance company to confirm those details.

Do Medicaid plans cover CPRT?

Unfortunately, no. Most, if not all, Medicaid plans require you to use in-network providers for child therapy.

Can my spouse or other caregiver participate?

Absolutely! And at no additional charge.

What if I don't like the training?

If you feel you are not getting the value you expected, you can stop at any time.



CPRT: Get started!

If you've heard enough and Child-Parent Relationship Therapy (CPRT) is what you've been waiting for to bring peace and calm into your family again, then [click here](#), or click the button below to get started.

On that page, there will be a short form to fill out.

Once you fill out the form, the following process will happen...

1. We will send notification to your facilitator, who will call you within 2 days (Mon. - Fri.)
2. You'll be sent an "informed consent" electronic signature document. This document is required by law, and must be electronically signed before CPRT training can begin.
3. When your facilitator calls you, you will get to meet them and decide on a weekly appointment time for your video conference call.
4. Your login to the online training will be sent to you and you can begin training!

[CLICK HERE TO GET STARTED](#)

If you have any questions, please don't hesitate to email me at brenna@thekidcounselor.com.

Thank you so much for considering Child-Parent Relationship Training. Whether you do, or do not, take the training, I know that you are committed to finding solutions to get your family to a happy, healthy place. If I can do anything to help, please don't hesitate to ask.

To your happiness!

- Dr. Brenna



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