

What parents have said...



"Eye-opening, empowering, heartening, inspiring."

"Thrilled to find such a positive way to parent."

"I feel every parent should be given the chance to learn P.E.T. What a happier world we would have for ourselves and our children."

"This course has been invaluable. I almost felt it was tailor made for me."

"I felt relieved to have found acceptance of myself as a parent."

"The ideas became more powerful as the weeks went on."

"Never done a course so relevant to my current job!"

"I have become so relaxed about everyday life. I never thought it possible."

"Exciting, stimulating, challenging."

"My outlook on life has changed. I am more confident and will change not just my parenting but the way I behave and relate."

After P.E.T., parents often report

- Better relationships with their children
- More cooperation and consideration
- Fewer tantrums and scenes
- Children more self-reliant
- Quicker and calmer solutions
- Children's self-esteem improved
- Better school performance
- Children more open to parent's influence

P. E. T.

PARENT EFFECTIVENESS TRAINING

Effective
communication
can change
everything



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What is P.E.T.?



Created by award-winning psychologist Dr Thomas Gordon in 1962, Parent Effectiveness Training (P.E.T.) is one of the oldest and most copied parenting programmes that has helped millions of parents around the world.

Whether you're the parent of a toddler or a teenager, you know that parenting can be challenging – even overwhelming – at times. Children don't come with an instruction manual and being a parent doesn't always mean that you automatically or instinctively know what to do.

Based on sound psychological knowledge and principles, P.E.T. provides a structure to make parenting easier to understand. It helps you learn new skills to deal effectively with any situation and teaches you proven communication skills that really work. When they use these skills, parents are amazed with the dramatic improvement both in their families and in all their relationships.

P.E.T. does not preach, blame or prescribe what sort of parent you should be. It gives you powerful skills for you to use in your way in your family.

What you will learn

We are offering an 8-week tried and tested course, where you will learn the following proven skills which will make parenting easier:

- **PROBLEM OWNERSHIP**
How to decide whose problem it is
- **ACTIVE LISTENING**
An effective way to help others with their problems
- **'I' MESSAGES**
An effective way to influence others to change
- **PROBLEM SOLVING**
How to find solutions that everyone likes
- **CONSULTING**
How to talk about difference in values

P.E.T. is not	P.E.T. is
✗ A discussion group	✓ A serious course of study delivered by an authorised instructor enabling parents to learn new skills
✗ A how-to course	✓ A way for parents to apply communication skills and arrive at the best solution for their family
✗ Group therapy	✓ Parents are neither expected or pressurised to talk about their family problems
✗ Permissiveness in disguise	✓ Based on a clear philosophy which explains why both authoritarian and permissive methods are harmful to children

Course content

The 8-week course includes the following sessions:

- **SESSION 1: Parents are human**
They do not have to be consistent, present a united front, be forever tolerant, submerge their own needs
- **SESSION 2: How to listen so your children will share problems**
'Active listening', a new way to really hear
- **SESSION 3: Putting your new skills to work**
Coaching and classroom practice
- **SESSION 4: Preventing problems**
Improved communication means misunderstandings and conflicts are avoided
- **SESSION 5: How to talk so kids will respect your needs**
Effective confrontation that really works
- **SESSION 6: The inevitable conflicts – who will win?**
Avoiding power struggles
- **SESSION 7: The no-lose method**
Why this method avoids rebellion and resentment
- **SESSION 8: How to avoid being fired as a parent**
How to be a good consultant so your child will listen to your values