



## Can We Enhance Our Patients' Parenting Skills?

### Abstract

This presentation will provide an overview into core parent management skills and strategies to enhance the success of our patients who learn them. Dr. Temkin-Yu will outline the importance of balancing positive parenting strategies with conflict and behavior management. Audience members will also learn ways to increase parent confidence in skills use, and increase the likelihood of follow through using preemptive problem solving.

### Biography

Dr. Andrea Temkin-Yu is an Attending Psychologist and Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine. She earned her Psy.D. from The Graduate School of Applied and Professional Psychology at Rutgers University, completed her pre-doctoral internship at Bellevue Hospital Center/NYU Child Study Center, and was a post-doctoral fellow at the NYP Center for Youth Mental Health. She has expertise in evidence-based treatments for child and adolescent mental health and specializes in parent-focused interventions. She is currently leading the Weill Cornell Medicine Empowered Parents Program, which aims to increase access to preventive, parent-focused support. Dr. Temkin-Yu's research focuses on improving treatments for children and adolescents through technology and through the use of transdiagnostic interventions.

### Learning Objectives

1. Identify at least three effective strategies parents can use to support youth struggling with mental health concerns.
2. Demonstrate how to teach a new parenting skill, such as validation or emotion regulation, to a caregiver during a session.
3. Describe three approaches to help parents improve the implementation of Parent Management Training (PMT) skills.

### Suggested Reading

1. Guo, S., & Peris, T. S. (2021). Working with Parents with Anxiety in Family Intervention. In J. L. Allen, D. J. Hawes, & C. A. Essau (Eds.), *Family-Based Intervention for Child and Adolescent Mental Health: A Core Competencies Approach* (pp. 225–241). chapter, Cambridge: Cambridge University Press.
2. Weisz, J. R., & Kazdin, A. E. (2017). *Evidence-Based Psychotherapies for Children and Adolescents*, third edition. Guilford Publications.
3. Whittingham, K., & Coyne, L. (2019). *Acceptance and commitment therapy: The Clinician's Guide for Supporting Parents*. Academic Press.



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<https://weillcornell.zoom.us/j/9247715337>

1

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