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## Clinical Essentials on Positive Parenting Practices

### Lecture presented by John T. Walkup, MD

**Course Design:** 1 module with a 74-minute video tailored to the course learning objectives, followed by a 6-question post-test. The content for this course comes from a previously accredited course (2019–2022) and was reviewed and approved by AACAP's Clinical Essentials Committee in September 2025.

**Learning Objectives:** At the conclusion of this continuing medical educational activity, the participant will be able to:

1. Explain the role of power struggles and inadequate supervision in maintaining problematic behaviors.
2. List the core components of parent behavioral management training (PBMT).
3. Incorporate PBMT Skills into a daily routine with families.

#### Topics Covered:

Part 1: The role of power struggles and inadequate supervision in maintaining problematic behaviors.

- Power Struggles
  - Negative Reinforcement
  - Positive Reinforcement
  - Reciprocal, Coercive Interactions, and Pathologic Behaviors
- Supervision
  - Developing Maladaptive Patterns
- Why Parenting is the Solution and Summary

Part 2: The core components of parent behavioral management training (PBMT).

- Evidence-Based Parenting Strategies
- Overview of Behavior Programs for Children

Part 3: PBMT skills as part of a daily routine with families.

- Creating Expectations
- Implementation
  - Monitoring Systems
  - Rewards
  - Parental Non-Adherence
  - Non-Routine Occasions
- Benefits and Summary