

This comprehensive resource gives providers the information they need to understand, implement, and utilize behavioral parent training across a variety of settings. The breadth of material is impressive, including chapters on both internalizing and externalizing disorders, and the broad focus on the similarities among behavioral parent training (BPT) programs—rather than their differences—makes this text applicable to diverse populations and contexts.

—**Regine Galanti, PhD**, Director, Long Island Behavioral Psychology, Cedarhurst, NY, and author of *Parenting Anxious Kids*

The *Handbook of Behavioral Parent Training* is an excellent comprehensive guide for anyone seeking to incorporate behavioral parent training into their practice and training. Experts in the field have created a resource, grounded in decades of empirical research, to provide theoretical and practical strategies for implementing behavioral parent training in current and future practice. Incorporating evidence-based practices for clinical use, assessment, and training, this book should have a place on the bookshelves of clinicians, supervisors, and trainees alike.

—**Heather Ciesielski, PhD**, Clinical Associate Professor, Department of Psychological Sciences, Purdue University, and Director, Purdue Psychology Treatment and Research Clinics, West Lafayette, IN

The *Handbook of Behavioral Parent Training* is an excellent resource for clinicians, researchers, and other parenting professionals interested in promoting the well-being of young children through evidence-based BPT programs. The handbook addresses the history of these programs, their theoretical underpinnings, and their structure, implementation, evaluation, and dissemination. The volume details how BPT programs have been modified for various populations and how they have moved beyond their initial focus on reducing child conduct problems. It explores ways that new digital technologies can be used to increase program reach, engagement, and effectiveness. A strength is the inclusion of numerous chapters on the most popular and well-validated BPT programs written by the program developers. The handbook provides a state-of-the-art review of BPT programs that will be of interest to a wide range of audiences including clinicians, prevention specialists, researchers, educators, and graduate students in psychology and family studies.

—**Thomas G. Power, PhD**, Emeritus Professor, Department of Human Development, Washington State University, Pullman

CONTENTS

Contributors	ix
Acknowledgments	xv
Behavioral Parent Training: A Road Map for the Handbook	3
Tamara Del Vecchio and Mark D. Terjesen	
I. THEORETICAL AND EMPIRICAL FOUNDATIONS	7
1. Behavioral Parent Training: Foundations and Overview	9
Samuel T. Jackson, Megan Leary, and Tamara Del Vecchio	
2. The Efficacy of Behavioral Parent Training for Children With Externalizing and Internalizing Problems	25
Tycho J. Dekkers, Patty Leijten, Maaïke Nauta, Barbara J. van den Hoofdakker, Saskia van der Oord, and Lidewij Wolters	
3. The Role of Cognitions and Emotions in Behavioral Parent Training	51
Rachel Ross, Ariella Fromowitz, Sarah Swerdin, Stephanie Rohrig, and Mark D. Terjesen	
4. The Parent–Child Relationship in Behavioral Parent Training for Parents of Aggressive Children: Positive Parenting and the Case for Acceptance	73
Emily N. Shah and Timothy A. Cavell	
5. Cultural Adaptations of Behavioral Parent Training	101
Ana A. Baumann, Samantha M. Corralejo, and Jean Hunleth	

6. Overcoming Barriers in Behavioral Parent Training Beyond Relationship, Expectancy, Attendance, Clarity, and Homework	123
Madison Forde, Kailee Kodama Muscente, and Anil Chacko	
7. Assessment in Behavioral Parent Training: A Clinical Road Map and Outcomes Evaluation	139
Phyllis S. Ohr and Janice Lu	
8. Using Functional Behavior Assessment Within Behavioral Parent Training	163
Andrea Temkin-Yu, Shannon Bennett, Lisa Coyne, Samuel Fasulo, and Anthony Puliafico	
9. Implementation Feasibility and Readiness for Statewide Scaling of Behavioral Parent Training Programs	185
Shira Richards-Rachlin and Tamara Del Vecchio	
10. Training and Evaluating Therapist Competence in Behavioral Parent Training	203
Hilary B. Vidair, Alexander Dorfman, and Alyssa E. Silvera	
II. MODEL BEHAVIORAL PARENT TRAINING PROGRAMS	217
11. GenerationPMTO: An Overview of the Intervention and Summary of Recent Research and Implementation Efforts	219
Kendal Holtrop, Margrét Sigmarsdóttir, Laura A. Rains, and Abigail H. Gewirtz	
12. Helping the Noncompliant Child	239
Robert J. McMahon, Deborah J. Jones, and Rex Forehand	
13. Parent–Child Interaction Therapy	255
Jake C. Steggerda, Reeva C. Morton, Sharon T. Phillips, and Cheryl B. McNeil	
14. The Incredible Years Parent Programs: Four Decades of Evidence-Based Parenting Support, Research, and Delivery	277
Jennifer Piscitello and Carolyn Webster-Stratton	
15. The Triple P System of Evidence-Based Parenting Support: An Update of Innovations and Future Developments	305
Matthew R. Sanders, Karen M. T. Turner, and Alina Morawska	
16. Parenting the Strong-Willed Child: An Evidence-Based Group Curriculum and Self-Administered Self-Help Book for Parents of Young Children	327
Grace H. Cain, Kat L. Wright, and Deborah J. Jones	
III. TAILORED AND INTEGRATED APPROACHES	345
17. The Chicago Parent Program	347
Deborah Gross, Getachew M. Kassa, Susan M. Breitenstein, Emily Hoppe, Lily B. Stavisky, Monique C. Daniels, and Amie F. Bettencourt	

18. The New Forest Parenting Program	363
Cathy Laver-Bradbury and David Daley	
19. Tuning in to Kids: Program Overview	377
Sophie S. Havighurst and Christiane E. Kehoe	
20. The Comet Program: How Cultural Adaptation Matters, Even Though Some Evidence May Show Otherwise	389
Martin Forster and Johanna Engelbrektsson	
21. Development and Implementation of a Culturally Adapted Behavioral Parent Training Program: Cultural Adaptation of GenerationPMTO for Latine Families in the Americas	407
Melanie M. Domenech Rodríguez, Nancy Amador Buenabad, J. Rubén Parra-Cardona, and Marion S. Forgatch	
IV. SPECIAL CONSIDERATIONS FOR SPECIFIC POPULATIONS	425
22. Behavioral Parent Training for Attention-Deficit/Hyperactivity Disorder	427
David Reitman, Jonathan Gellman, and Seiny Gonzalez	
23. Behavioral Parent Training for Autistic Youth	453
Lauren J. Moskowitz, Ashley Smith, Britney Jeyanayagam, and Lauren B. Quetsch	
24. Behavioral Parent Training for Internalizing Problems	483
Rebecca G. Etkin and Eli R. Lebowitz	
25. Trauma-Informed Behavioral Parent Training	501
Sarah Tannenbaum, Sarah E. Gurney, Angela Weiyi Wang, Looknoo P. Thammathorn, and Talia Y. Lurie	
26. Behavioral Parent Training for Promoting Children's Health	523
Courtney Breiner, Michelle Kirkland, Katarina Kokkosis, Robin Vukoje, Le Thao Vy Vo, Olivia Walsh, and Mark D. Terjesen	
27. Behavioral Parent Training in Primary Care	555
Lily B. Stavisky, Amie F. Bettencourt, and Susan M. Breitenstein	
28. Behavioral Parent Training for Pediatric Irritability: A Transdiagnostic Approach to Case Conceptualization and Treatment	573
Jessica Hawks	
29. Behavioral Parent Training in the Context of Conflict and Divorce	593
Sydney M. Parker, Disha Kotecha, Karey L. O'Hara, and Sharlene Wolchik	
V. EXPANDING THE REACH OF PARENT PROGRAMS	609
30. The Role of Population-Based Parenting Support in Enhancing Public Health Outcomes	611
Matthew R. Sanders, Ronald J. Prinz, and Trevor G. Mazzucchelli	

31. Fathers in Focus: Advancing Engagement in Behavioral Parent Training	633
Juan Carlos Gonzalez, Corinna C. Klein, and Miya L. Barnett	
32. Digitally Delivered Behavioral Parent Training Programs	651
Marsha Ariol, Sean Morse, Hi Jae Jung, and George J. DuPaul	
33. Delivering Behavioral Parent Training With Underresourced Families: Using Technology Enhancement as an Example	667
Yexinyu Yang, YINUO Liu, Mariana Gonzalez, and Deborah J. Jones	
34. Light Touch Behavioral Parent Training Approaches	681
Kailee Kodama Muscente, Madison Forde, Brittany Matthews, and Anil Chacko	
35. Reflections on Behavioral Parent Training: Progress and Priorities	695
Tamara Del Vecchio and Mark D. Terjesen	
Index	703
About the Editors	717

Behavioral Parent Training

A Road Map for the Handbook

Tamara Del Vecchio and Mark D. Terjesen

“**T**he work of parenting is essential not only for the health of children but also for the health of society” (Office of the Surgeon General, 2024, p. 3). This quote underscores a central truth that guides this handbook: Parenting is one of the most critical influences on a child’s development, and supporting parents is a public health priority. Behavioral parent training (BPT) is one of the most effective, evidence-based approaches for supporting parents in fostering positive child outcomes (see Chapters 1–2). Over the past several decades, research has consistently demonstrated that BPT interventions can reduce child behavior problems, improve parent–child relationships, and enhance parental confidence and efficacy. Although much of the research focuses on BPT for helping parents manage child behavior problems, BPT principles have also been extended to other domains, including internalizing disorders (see Chapter 24) and health behaviors (see Chapters 26–27). However, despite the wealth of empirical support for BPT, its application in real-world settings remains fraught with challenges. Clinicians and researchers continue to grapple with issues related to cultural adaptation, engagement, and the dissemination of BPT programs across diverse populations and settings (see Chapters 5, 6, and 21).

This handbook was designed to address these gaps. Offering a comprehensive and up-to-date resource, we aim to integrate foundational principles of BPT with emerging research, practical applications, and innovative adaptations that reflect contemporary clinical realities. In doing so, this book bridges science and practice, ensuring that BPT remains relevant and accessible to those dedicated to strengthening families and promoting child well-being.

The mental health needs of children and families have escalated significantly in recent years. Societal stressors, shifting family dynamics, and increasing recognition of neurodevelopmental and behavioral disorders have amplified the demand for effective, scalable interventions. At the same time, advancements in technology and telehealth have expanded opportunities for delivering BPT in new and innovative ways (see Chapters 32 and 34). While several texts have addressed aspects of BPT, no single volume has provided a comprehensive resource that encompasses historical foundations, current best practices, and forward-looking innovations. This handbook fills that void by presenting the core principles and key techniques of BPT while also addressing common barriers to implementation and engagement. It highlights cultural adaptations and tailored interventions for diverse populations (see Chapters 5, 20, and 21), examines the role of technology in delivering and enhancing BPT (see Chapter 32), and offers practical resources for clinicians, including assessment tools (see Chapter 7) and strategies to support therapist training (see Chapter 10). Drawing on contributions from leading experts in the field, this handbook provides a rigorous yet accessible resource that will support both seasoned professionals and those new to BPT.

This handbook is designed for multiple audiences, including clinicians seeking guidance on implementing and adapting BPT interventions in clinical practice; researchers interested in the latest empirical findings and emerging trends in BPT effectiveness and dissemination; and graduate students and trainees in psychology, social work, and counseling programs who require a strong foundation in behavioral parent training methodologies. Additionally, it serves educators and trainers responsible for teaching and supervising future generations of clinicians in evidence-based parenting interventions, as well as policymakers and program developers invested in integrating evidence-based parenting support into public health and community initiatives (see Chapter 30). The breadth and depth of the material in this book ensure that it will be a valuable resource for those working in clinical, academic, and applied settings.

This handbook is structured into five sections, each addressing a critical aspect of behavioral parent training. The first section, "Theoretical and Empirical Foundations," provides an overview of the history, efficacy, and key mechanisms underlying behavioral parent training while examining engagement strategies and assessment methods. The second section, "Model Behavioral Parent Training Programs," explores the core parent training programs grounded in the work of Constance Hanf, including GenerationPMTO, Helping the Non-compliant Child, Parent–Child Interaction Therapy, and The Incredible Years. Recognizing that one-size-fits-all approaches may not be practical for all families, the third section, "Tailored and Integrated Approaches," examines cultural adaptations and integrated adaptations of BPT that extend its reach to diverse populations and developmental contexts. The fourth section, "Special Considerations for Specific Populations," explores specialized applications of BPT, including adaptations for children with attention-deficit/hyperactivity disorder, autism spectrum disorder, internalizing disorders, trauma histories, and families

experiencing conflict or divorce. Finally, the fifth section, “Expanding the Reach of Parent Programs,” highlights the broader implications of BPT, including population-based parenting interventions, digital delivery methods, engagement strategies for underresourced families, and innovative approaches to reaching diverse caregivers. Each chapter reflects the author’s voice and area of expertise.

As we move forward, we hope this handbook will serve as a valuable resource for all those dedicated to supporting parents and promoting child well-being through evidence-based practices. By providing a comprehensive, practice-oriented, and research-informed guide to behavioral parent training, we aim to advance the field and ensure that the benefits of BPT are accessible to families across diverse contexts and communities. We invite readers to engage with the material critically, adapt strategies to fit their unique settings, and contribute to the ongoing evolution of behavioral parent training. We believe that by strengthening the science and practice of BPT, we can empower parents, improve child outcomes, and foster healthier family relationships for generations to come.

REFERENCE

Office of the Surgeon General. (2024). *Parents under pressure: The U.S. Surgeon General’s advisory on the mental health & well-being of parents*. U.S. Department of Health and Human Services. <https://www.hhs.gov/sites/default/files/parents-under-pressure.pdf>