

# Parent Coaching: Uncovering Influences and Promoting Change

Therapy with adults or couples with children frequently presents opportunities to help parents understand and improve parent-child dynamics. Parenting reveals implicit and unconscious expectations about raising children that are often culturally determined, and based on each parent's own childhood experiences. This seminar draws on theories from systems, object relations and the parenting literature to show how unconscious factors get played out in the parent-child relationship. Therapists can help parents identify ways that their own childhood experiences, and aspects of the marital relationship, are played out in the parenting process. Through presentation of theory, and case examples, participants will be able to understand how to raise and explore parenting dynamics in the therapy session, and help parents find new ways of relating to their children and each other. This is particularly important in work with highly conflicted couples, even those who have divorced but have difficulty co-parenting.

## Target Audience

Psychologists      Social Workers      Counselors  
Therapists      Psychiatrists      Nurses  
Course level: Intermediate

## Learning Objectives

At the end of this seminar, participants will be able to:

- 1) Identify the ways that culture and extended family can influence expectations and parenting practices.
- 2) Become familiar with the concepts of identification, disidentification and projective identification, and the way that childhood experiences are revived in the parenting process.
- 3) Define a parenting-team approach that allows couples to recognize and accommodate each other's strengths and differences.
- 4) Identify how power and triangulated conflict effects parenting, particularly in families with high levels of conflict.
- 5) Identify ways to point out how unconscious processes are impacting parents.

## Seminar Schedule

Typically begins at 3:00 PM and ends at 5:00 PM Eastern time. However, check the webinar schedule.

## Outline

- Factors that effect parenting:
  - The influence of culture
  - The influence of respected others
  - Power dynamics within the couple
  - Unconscious factors (identification, projective identification and disidentification)
- Creating a safe space to explore parenting
  - Engaging parents (exploring judgment, shame and ambivalence)
- Interventions and Case Examples      Identifying emotions that get triggered in parenting
  - Exploring the parents view of the child and expectations
  - Helping parents identify the differences between them and the ways this may complicate parenting
  - Creating an effective parenting team
- Parenting in Highly Conflicted/ Divorced couples

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## The Presenter

Judith Siegel is a Professor at the Silver School of Social Work at New York University where she is Director of the Post Masters Certificate Program in Child and Family Therapy and the Coordinator of the online Post Masters Certificate Program in Advanced Clinical Diagnosis and Assessment. Dr. Siegel also serves as the Editor-in-Chief of the Journal of Family Social Work. She is a recognized leader in the field of couple treatment, and represents an approach that draws from Object Relations, systems and neurobiology. Her books include *Repairing Intimacy* (Jason Aronson), *Countertransference in Couples Therapy* (co-authored with Marion Solomon and published by Norton Press), *What Children Learn From Their Parents Marriage* (Harper Collins) and *Stop Overreacting* (New Harbinger). She has presented her work on Object Relations Couple Treatment throughout the United States, Canada, England, Israel and Australia, and is a regular presenter at the Ackerman Institute for The Family in New York.

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This seminar has been reviewed and approved by Keith Hannan, Ph.D., Phil Rich, LICSW, Daphne Fatter, Ph.D., and Loreen Yearick, MSN, RN. This approval expires on March 1, 2025.

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