

Parent training: intervention and education programs for parents of children with disabilities.

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Parent training refers to a systematic and conceptually based program whose goal is the acquisition of specific care and management skills by parents and/or family members of children with disabilities. Learning specific care and management skills often results in a change in the attitudes and behaviors of parents, solving many home-based problems. This article highlights the essential features and goals of parent training programs, underscoring their importance and overall positive impact on the family. A careful examination of the parent training literature evidences several different parent training programs or models, which methodologically reflect the theoretical approaches on which they are based. In this article, several parent training approaches are analyzed including: the *Behavior Modification Approach*, the *Gordonian Approach* known as *Parent Effectiveness Training* (PET), the *Adlerian Approach*, the *Transactional Analysis Approach*, and the *Ginott Approach*.

A careful review of each of these approaches has been conducted in terms of theoretical foundations and efficacy in solving family/parent problems involving care and management of children with disabilities. In addition, this study also reviewed the various limitations of each of these approaches involving methodology, appropriate preliminary assessment of parent/family needs prior to training, and the ultimate nature of the training program itself. The intent of this analysis of *Parent Training Programs* is to promote interest in future research projects in parent training, particularly in Italy, where the use of systematic *Parent Training Programs* is in its infancy.

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