

# THE RIGHT TO BE THE GROWN-UP: Helping Parents Be Parents To Their Difficult Teens



Therapists Price and Margerum have developed an outstanding parenting skills training program that is ideal for addressing the special problems that parents face with today's youths. I found myself wishing that this program had been available when my own children were struggling through their adolescence.

*"Price and Margerum provide strategies and suggest coping skills, which can be utilized by parents from various cultures. I highly recommend this approach not only to wary parents of adolescents, but also to individual and family therapists who work with troubled teens and their families."*

**Frank M. Dattilio, Ph.D., ABPP**  
Department of Psychiatry – Harvard Medical School

Jerome Price and Judith Margerum have joined forces to bring together an essential model for helping parents to help themselves as parents. Therapists will find here a host of practical, easy-to-implement strategies for working with parents to reclaim their lives when their children's behavior is out of control.

The **Facilitator's Guide** is laid out into 5 sessions: Getting Started, Reactivity, Information, Coalitions/Teamwork, Making It Work. Step-by-step guidance is provided on how to lead parents gently but determinedly through a series of learning modules, each of which will clarify parenting goals, instill hope, provide tools, and "unfuzzy" the boundaries that have faded over time. Practical exercises and support materials are offered throughout. The **Parent Handbook** follows the sequence of the guide and offers a slew of helpful homework assignments and definitions designed to reinforce the information presented there and to bolster parent confidence even at the toughest of times.

Also offered are various mottos, or what the authors call "lifelines," printed on wallet-sized cards so that parents can have them at their fingertips when they are feeling alone or overwhelmed. Additional Parent Handbooks and Card Decks may be purchased separately as new parenting groups are formed.

Developed by the Michigan Family Institute, this skills program has already met with great success through workshops and trainings based on it. Price and Margerum show what it looks like to move from theory to action when it comes to improving the lives of parents and their adolescent children.

**Jerome A. Price** is the director and founder of the Michigan Family Institute, Inc. He is author of *Power and Compassion*.

**Judith Margerum** is associate director of the Michigan Family Institute.

**ISBN: 1-891944-93-2 Price: \$42.95/softcover: [1 Facilitator's Guide (136pp) /6 Parent Handbooks (64 pp)/1 Lifelines Card Set] Single Parent Handbooks: \$5.95 Single Sets of Lifeline Cards: \$2.50**

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