



GRAND CANYON
UNIVERSITY™

PARENTING GROUP

CNL 520 – Group Counseling

By: Lori Brafford

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Parenting

- *Positive approach*
- *Family*
- *Consistency*
- *Modeling*
- *Teaching*
- *Nurturing*



Population of group

Parents (present and future)

- Biological
 - Foster
 - Adoptive
 - Temporary
- Extended family

8 – 10 total participants

Screening questions

- Demographics

Parenting Group

Enrollment form

Please complete the following information and return the form to Office Manager at ABC Therapy Group. Please keep in mind that your responses will be kept confidential.

Name: _____

Phone: _____

Email: _____

How do you wish to be contacted: ☐ phone call ☐ email ☐ text

Do you wish to receive text reminders: ☐ yes ☐ no

Who will be attending class: _____

name/relationship _____

Biggest area of concern in your relationship with your child? _____

What type of class would benefit you: ☐ Thursday Daytime ☐ Tuesday Evening

Child's first name	Age	Gender
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

☐ Has the child witnessed any substance abuse

☐ Did the child experience any trauma

☐ Foster/DCS placement



Screening questions (cont.)

- Preliminary screening questions.



Pre and Post Screening tool

- Utilizing the Parenting Scale of competence will help to evaluate the level of problem-solving abilities and motivation the parent is experiencing.
- Additionally, utilizing this tool during wrap-up of Parenting group will allow group member to identify change.

Parenting Sense of Competence Scale

(Gibaud-Wallston & Wandersman, 1978)

Please rate the extent to which you agree or disagree with each of the following statements.

Strongly Disagree 1	Disagree 2	Somewhat Disagree 3	Somewhat Agree 4	Agree 5	Strongly Agree 6
1. The problems of taking care of a child are easy to solve once you know how your actions affect your child, an understanding I have acquired.	1	2	3	4	5 6
2. Even though being a parent could be rewarding, I am frustrated now while my child is at his / her present age.	1	2	3	4	5 6
3. I go to bed the same way I wake up in the morning, feeling I have not accomplished a whole lot.	1	2	3	4	5 6
4. I do not know why it is, but sometimes when I'm supposed to be in control, I feel more like the one being manipulated.	1	2	3	4	5 6
5. My mother was better prepared to be a good mother than I am.	1	2	3	4	5 6
6. I would make a fine model for a new mother to follow in order to learn what she would need to know in order to be a good parent.	1	2	3	4	5 6
7. Being a parent is manageable, and any problems are easily solved.	1	2	3	4	5 6
8. A difficult problem in being a parent is not knowing whether you're doing a good job or a bad one.	1	2	3	4	5 6
9. Sometimes I feel like I'm not getting anything done.	1	2	3	4	5
10. I meet by own personal expectations for expertise in caring for my child.	1	2	3	4	5 6
11. If anyone can find the answer to what is troubling my child, I am the one.	1	2	3	4	5 6
12. My talents and interests are in other areas, not being a parent.	1	2	3	4	5 6
13. Considering how long I've been a mother, I feel thoroughly familiar with this role.	1	2	3	4	5 6
14. If being a mother of a child were only more interesting, I would be motivated to do a better job as a parent.	1	2	3	4	5 6
15. I honestly believe I have all the skills necessary to be a good mother to my child.	1	2	3	4	5 6
16. Being a parent makes me tense and anxious.	1	2	3	4	5 6
17. Being a good mother is a reward in itself.	1	2	3	4	5 6

Family culture

- Cultural preferences
- Potential barriers



Parenting group goals

- Group goal
- Individual goal



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Parenting group

Objective



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Theoretical
approaches
used



Group closure



Summary
Reflections
After-care



Conclusion

- Parenting is fun
- Parenting is a collaboration
- Parenting can build healthy children



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QUESTIONS?

References

American Counseling Association. (2014). Code of Ethics. <https://www.counseling.org/resources/aca-code-of-ethics.pdf>

Grand Canyon University. (2017). CNL-509 *Civility Statement*. <https://halo.gcu.edu/resource/9f5b2c53-e6d8-4d31-a02f-9d73821c416e?nestedResourceId=115e7ccf-a9ed-4b1e-bdc5-2a29a1cf3543>

Children's Bureau. (2013). US department of health and Human Services. Childwelfare.gov. located online at <https://www.childwelfare.gov/topics/systemwide/assessment/family-assess/parentalneeds/strengthsandconnections/?msclkid=e545b32dc5e011ecb04008f9978a654a>