

## NEW! Parent Effectiveness Training™ (P.E.T.)

Whether you're the parent of a toddler or a teenager, you know that parenting can be challenging—even overwhelming at times. Unfortunately, children don't come with an instruction manual. And, being a parent doesn't always mean that you automatically or instinctively know what to do.

**Parent Effectiveness Training (P.E.T.)** offers proven communication skills that really work. When they use these skills, parents are amazed with the dramatic improvement both in their families and in all their relationships. This program was created by award-winning psychologist and three-time Nobel Peace Prize Nominee, Dr. Thomas Gordon in 1962. A major revision of the P.E.T. program was completed in July, 2006 with up-to-date examples, new content and more.

You, too, can learn these communication and conflict resolution skills through Dr. Gordon's P.E.T. program, taught by a certified P.E.T. Instructor.

### Parent Evaluations:

*"I took Dr. Gordon's course years ago because I was having trouble with our teenage son.*

*Not only did these skills help me rebuild that relationship, but they helped every relationship in my life. My mother, my friends and, most importantly, my marriage have all benefited greatly from my having the skills! And I never leave home without them."*

— B. Strickland  
Mother

*"Using the P.E.T. skills with my four year-old son may take a little extra time and thought, but takes less energy than threats and demands and gets better results in the long run."*

— G. Stickler  
Father

### How You and Your Family Will Benefit

- Your children will feel free to discuss their problems and concerns with you instead of withdrawing.
- They will learn self-discipline, self-control and an inner sense of personal responsibility.
- You will learn how to work *with* each other instead of *against* each other.
- You'll experience fewer angry outbursts and more problem-solving.
- Everyone can participate in rule-setting so all will feel motivated to comply with the rules.
- Fewer power struggles—less tension, less resentment, more fun, more peace, more love.

### What You Will Learn

- How to talk to your children so that they will listen to you.
- How to listen to your children so they feel genuinely understood.
- How to resolve conflicts and problems in your family so that no one loses and problems stay solved.
- A method for troubleshooting family problems and knowing which skills to use to solve them.

### How the Program Works

This intensive, proven program is taught only by instructors certified by Gordon Training International. The P.E.T. class consists of brief lectures, demonstrations, workbook exercises, roleplaying, some homework and small group discussion.

Each class participant will receive a set of P.E.T. materials which includes the 30th anniversary edition of the P.E.T. book, a P.E.T. Workbook, a Participant Certificate and a copy of Dr. Gordon's Credo. This is a 24-hour program and the schedule depends on the individual P.E.T. Instructor.

### Contact Us

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