

COMMUNITY PARTICIPANT SYLLABUS

LANE COMMUNITY COLLEGE COUNSELING DEPARTMENT CLASS SYLLABUS (Fall 2010)

www.lanecc.edu/ccfc

- Title:** CG 211: Principles of Child Guidance
- Time:** 9:00 am-noon, Saturdays, Lane Downtown Center, 1059 Willamette
- Instructor:** Laura Backen Jones, Ph.D., Counseling, 541-463-5234
E-mail: jonesl@lanecc.edu
- Enrollment:** As a community participant **October 2 through December 4**

Course Description and Format

In this 3-hour human relations class, parents, teachers, counselors and interested others learn ideas and skills for strengthening relationships with children. Typical problems (e.g. fighting, crying, sibling conflict, homework, bedtime) are approached through activities, discussion and the use of real-life in-home video sequences. Topics include the use of encouragement, dealing with power struggles, effective communication, setting reasonable and consistent limits, stimulating independence/responsibility, and improving structure and routine. In addition, learn about stress, parenting, and resources you can develop to help you live a valued life. The class is taught in the context of the Community Center for Family Counseling ("Saturday Circus").

Objectives

- Survey the principles of child guidance.
- Examine a nurturing and respectful approach for strengthening adult-child relationships.
- Learn skills in working with children that support children's healthy development and lead to increased cooperation and mutual respect.
- Learn how to reduce stress and move forward in the direction of what you value in your life.
- Distinguish between an encouraged and a discouraged approach in interacting with children.

Schedule

Session	Topic
October 2	Introduction to Course Parenting, Self-management and <i>Move Forward Messages</i>
October 9	Family Constellation Letter of Encouragement
October 16	ACT to reduce stress and increase your wellbeing Do you wish that you could be more thoughtful in your parenting and live more according to your values, and less in reaction to your negative emotions? Proven strategies for reducing your stress, increasing your confidence in parenting, and making family life more enjoyable.
October 23	Annual Conference on Families
October 30	Creating the Family Atmosphere You Want Encouragement
November 6	Understanding Misbehavior II Dealing with demands for attention, power struggles and hurting behaviors. <i>Mistake repair...how to clean up when you have made a mistake</i>
November 13	Discipline: Natural and Logical Consequences
November 20	Effective Communication with Children
November 27	Thanksgiving Day Holiday Weekend – No class
December 4	Anger Management Review and Self-evaluation