

***Side by side: Bringing fun back into families!***



**We are offering families 14-16 free sessions of psychological therapy for disruptive behaviours delivered by experienced clinical psychologists.**

The treatments are:

- (1) Parent management training (PMT), an evidence based therapy that has been widely used for the treatment of behaviour problems for the last 50 years. The program trains parents to use strategies to change their child's behaviour (such as consequences, time out, rewards, sticker charts etc) and;
- (2) Collaborative and Proactive Solutions (CPS), an innovative treatment, developed by Harvard University Medical School that focuses on addressing skills that the child is lacking and teaches parents and their children shared problem solving.

This year a major randomised control trial in the United States compared PMT and CPS and found that both worked equally well in treating child behaviour problems (Ollendick et al., 2014). We hope to determine if CPS continues to show positive results for youth with disruptive behaviours when used in community settings. Also, our study will look at whether this therapy works well with Australian families

*Who is eligible for the trial?*

Families with children aged 7-14 years who are experiencing behaviour problems. At least one parent needs to attend all psychological sessions. They must also be situated within a 15km radius from our clinic in St Leonards.

*Who is ineligible for the trial?*

Youth who are highly suicidal or have severe behavioural problems (violence, theft)  
Youth with autism spectrum disorder or developmental delay

*What is required in terms of assessment?*

Families are required to attend 3 separate assessments – pre-treatment, post-treatment and at 6 month follow-up. Assessment sessions last 1-2 hours. Families are reimbursed with a \$100 Coles voucher for the end of trial assessment and follow up.

If you have any queries please call Dr Rachael Murrhy on 9514 4390 or 9514 4077 or [rachael.murrhy@uts.edu.au](mailto:rachael.murrhy@uts.edu.au). We will be in contact shortly.

Kind regards,

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Director  
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For more information about the study please see our website:  
[www.uts.edu.au/research-and-teaching/our-research/health-psychology-unit](http://www.uts.edu.au/research-and-teaching/our-research/health-psychology-unit)