



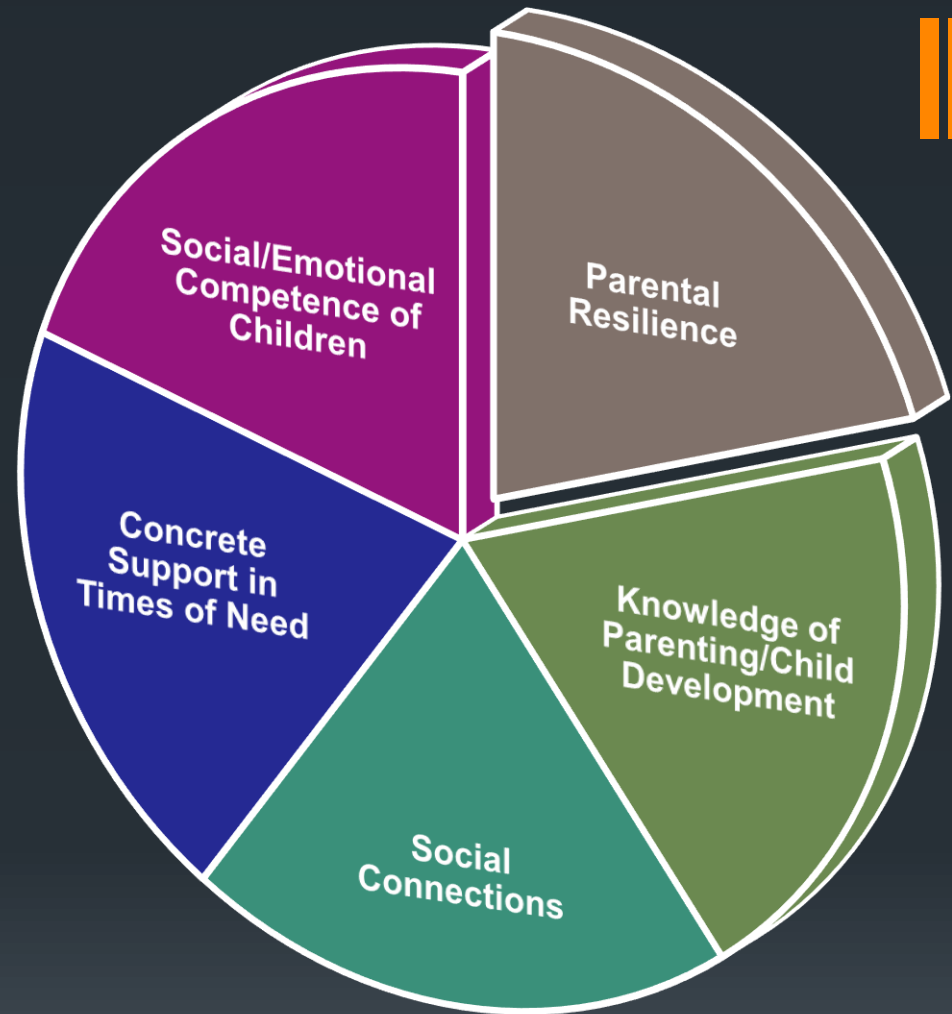
# Parenting Education: Supporting Parents Who Were Not Parented Well

CCC Resource & Referral Network/  
CAPPA Joint Conference

Veola Vazquez, Ph.D.,  
Licensed Psychologist, PSY16736  
California Baptist University, Riverside



# Strengthening Families Framework



## Leading to:

- Strengthened families
- Optimal Child Development
- Reduced Likelihood of Child Abuse & Neglect

# Healthy Parenting

- Authoritative Parent



Warmth &  
Control

Freedom &  
Limits

Obedience &  
Individuality

# Parental Resilience

“Managing stress and functioning well even when faced with challenges, adversity and trauma.”  
(CSPP “Protective & Promotive Factors”)

Managing stress during adversity is difficult for ALL people



# Parental Resilience



Resilience isn't an all-or-none concept

# Parental Resilience

A Continuum

Less  
Resilient

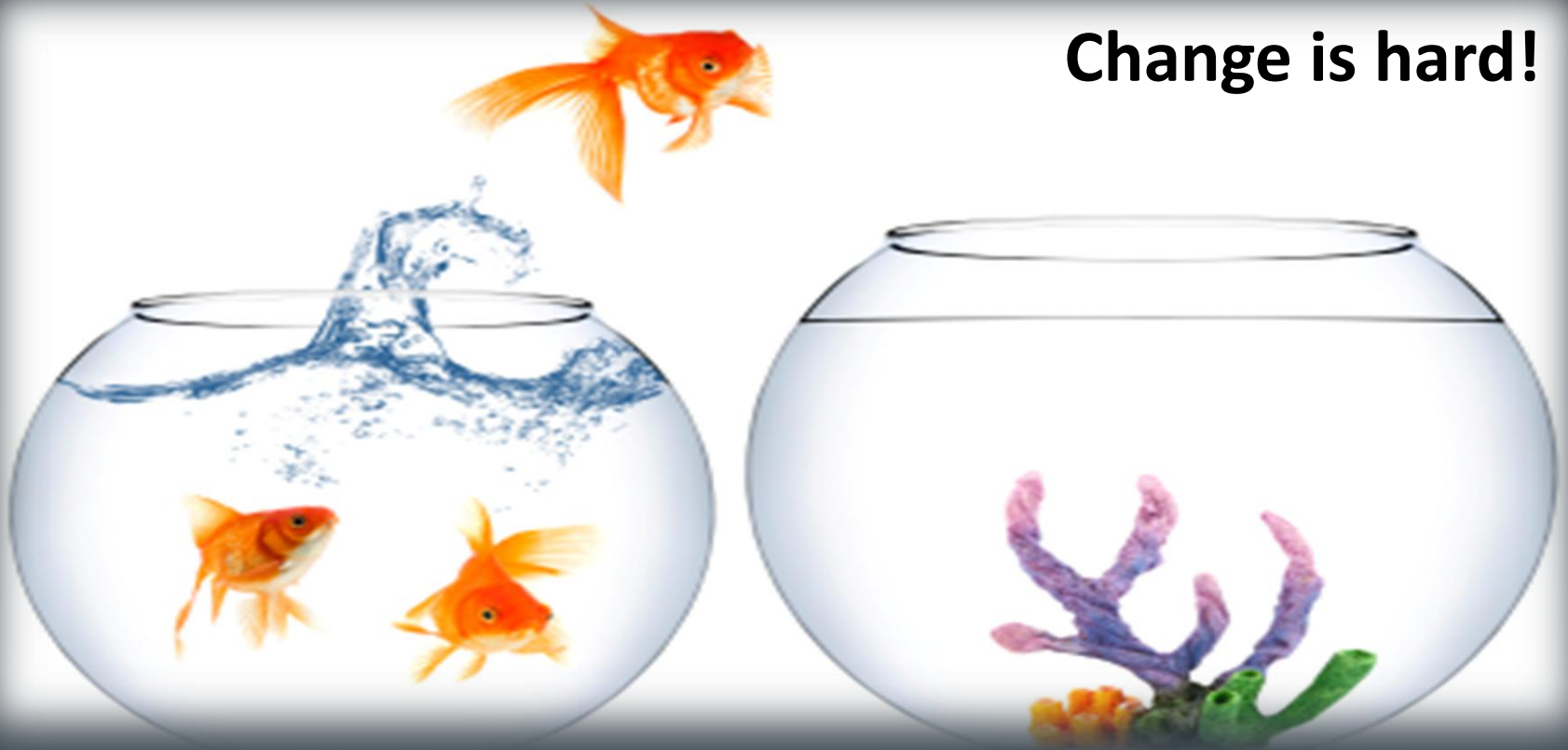
More  
Resilient




# Parental Resilience



**Change is hard!**



# Parental Resilience



Extraordinary results come from taking  
ordinary steps every day  
in the right direction

Baby Steps Move Mountains

[Grace-Marshall.com/40days](http://Grace-Marshall.com/40days)

**Look for**  
**Accept**  
**Celebrate**

deShazer, S. & Dolan, Y. (2007).



# Parental Resilience and the Gap

- Understand why the gap exists
- Assess the size of the gap
- Intervene appropriately



# Why the Gap?

**I hate you! I wish you  
had never been born!**



# Why the Gap?





# Why the Gap?





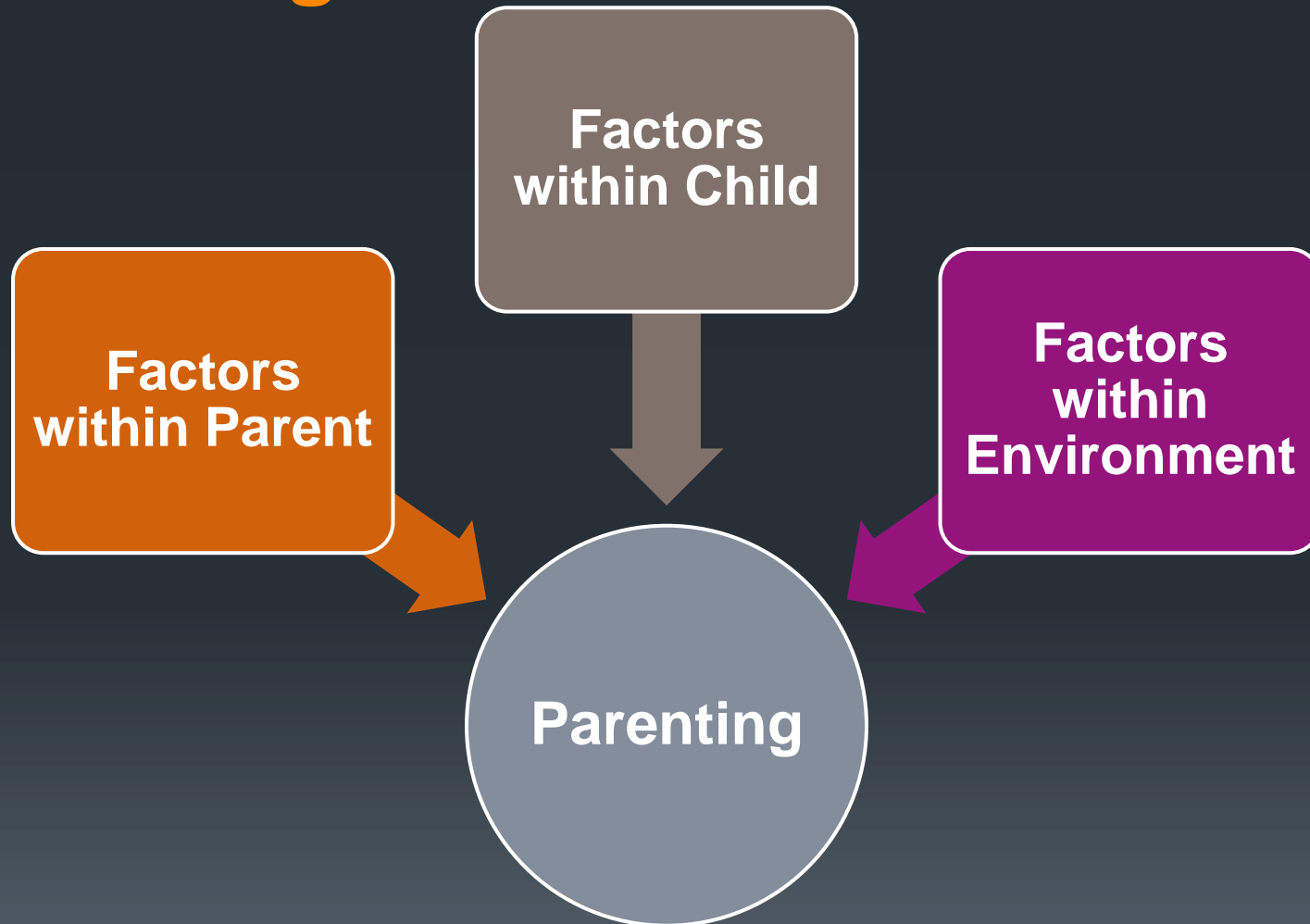
## Why the Gap?

Early experiences with parents:

- Cold
- Harsh/Rejecting
- Permissive/Neglectful
- Unpredictable
- Hostile/abusive ...

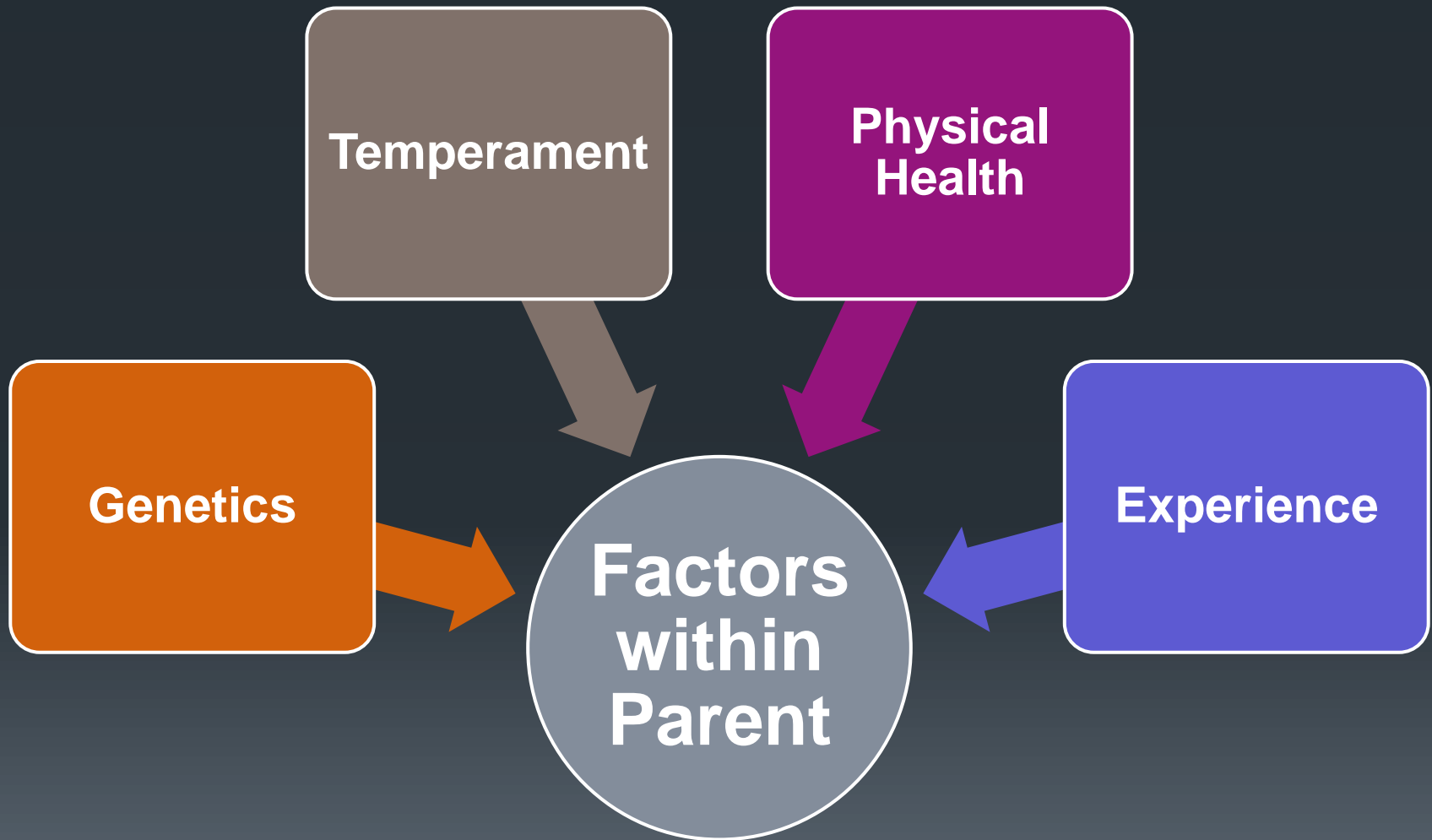


# Why the Gap? Determinants of Parenting



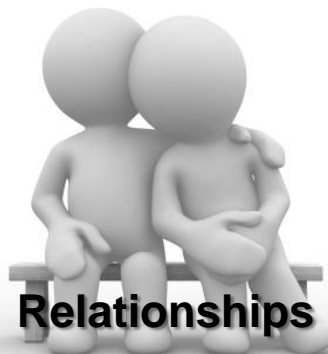
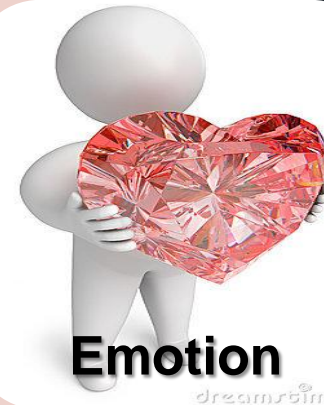
# Why the Gap?

## Factors within the Parent



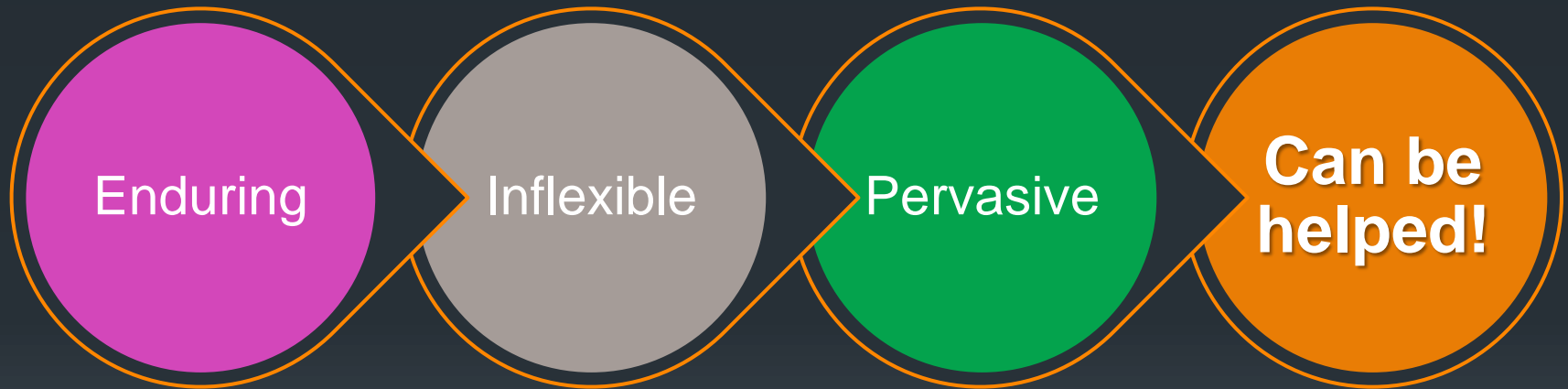
# Potential Impact of Negative Early Parenting Experiences

Inner  
experience  
and  
behavior  
are outside  
the norm





# Potential Impact of Negative Early Parenting Experiences

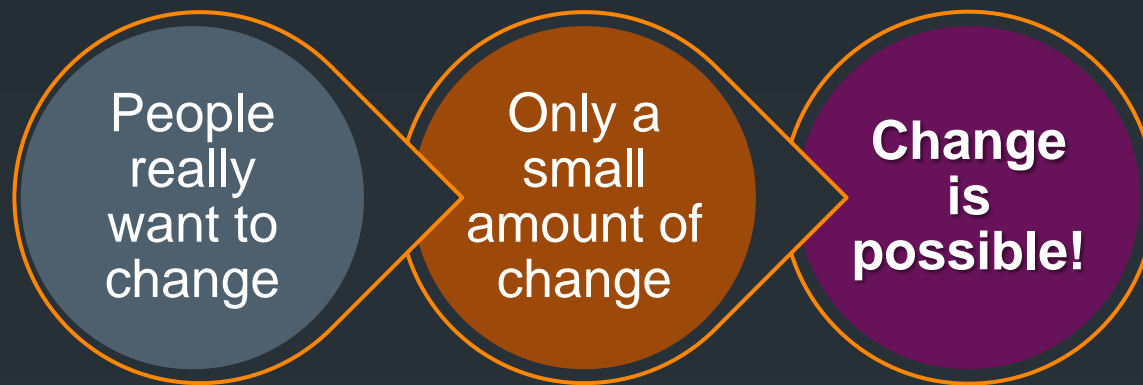


# Parental Resilience - Bridging the Gap



# Potential Impact of Negative Early Parenting Experiences

Use strengths and a solution focused approach to support change in areas of difficulty.



# Parental Resilience and the Gap

- Understand why the gap exists
- Assess the size of the gap
- Intervene appropriately





# Assessment: Creating a Climate of Inquiry

## Cognitive Inquiry



## Emotional Inquiry



# Assessment: Creating a Climate of Inquiry



## Cognitive Inquiry: The single mother

- 1.
- 2.
- 3.
- 4.



# Assessment: Creating a Climate of Inquiry

## Cognitive Inquiry: The Single Mother - Questions

- 1.
- 2.
- 3.
- 4.



# Assessment: Creating a Climate of Inquiry



Assess all  
areas of  
functioning





# Assessment: Creating a Climate of Inquiry



## Emotional Inquiry



Feelings are temporal



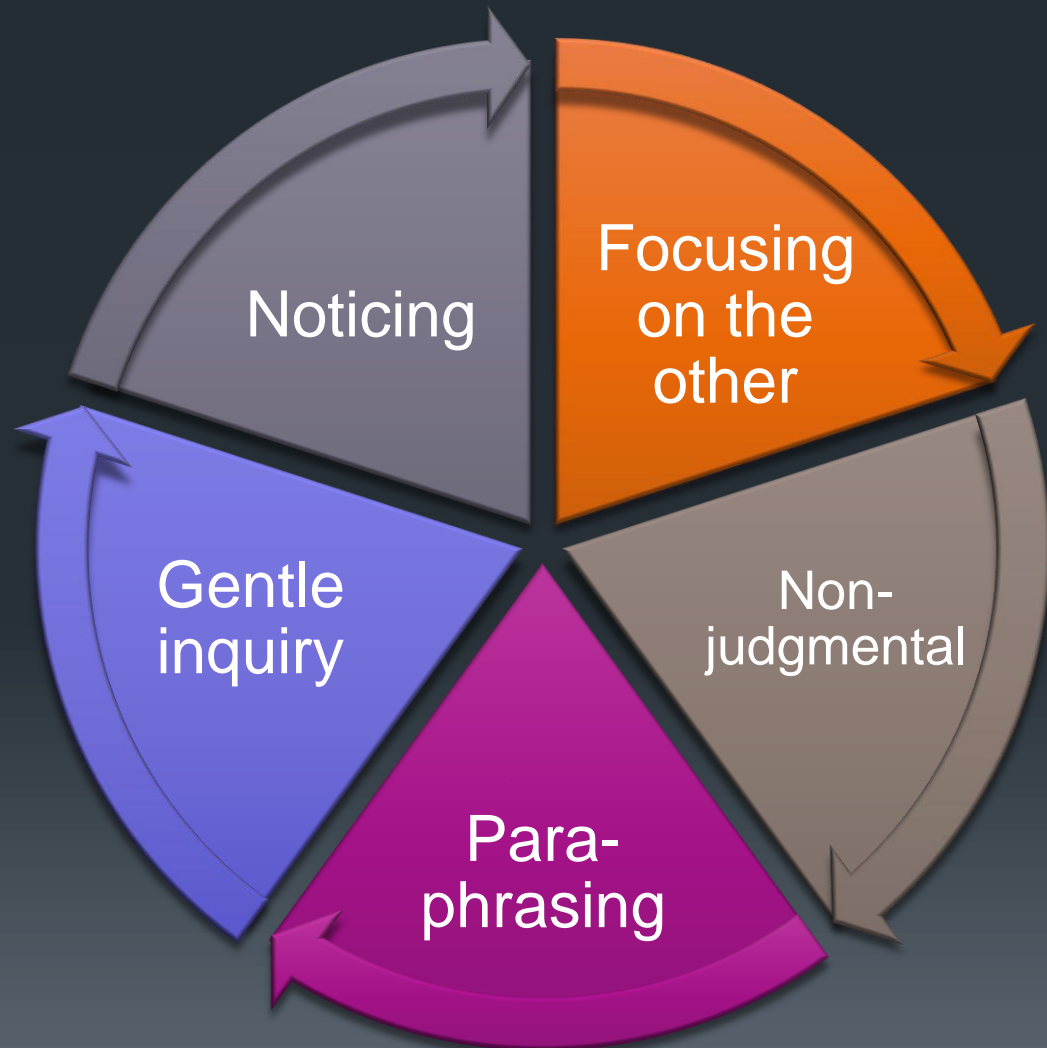
Feelings aren't inferences



Feelings are often reactive

# Assessment: Creating a Climate of Inquiry

Mindful  
listening  
skills





**Emotional First Aid**

**Relationship  
Priority**

**Focused  
Interventions**

**Trigger Identification**

**Radical Acceptance**

# Emotional First Aid

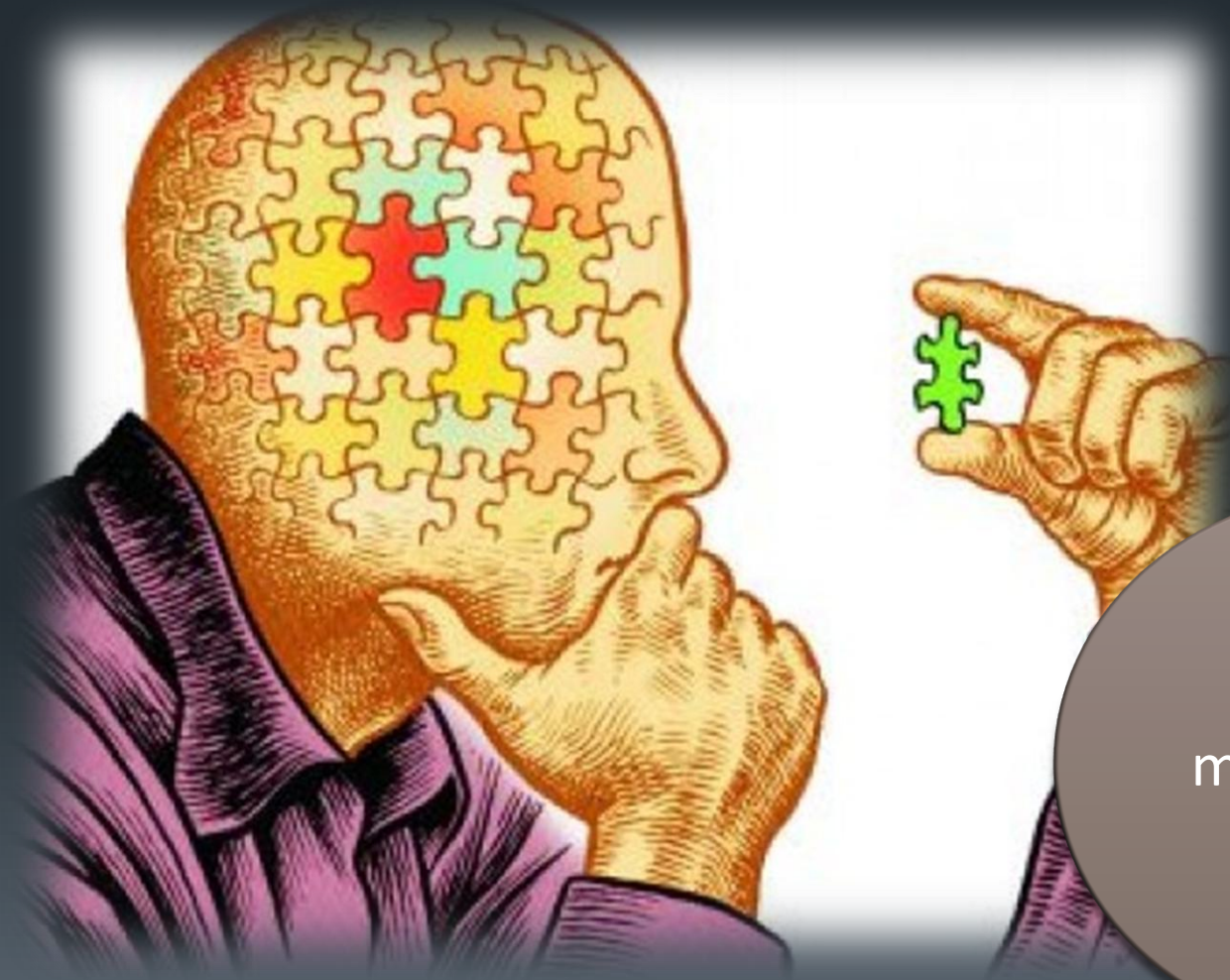
**Self-Awareness**

**Emotional Regulation**

**Empathy**



# Emotional First Aid: Self-Awareness



Ability to  
monitor own  
feelings





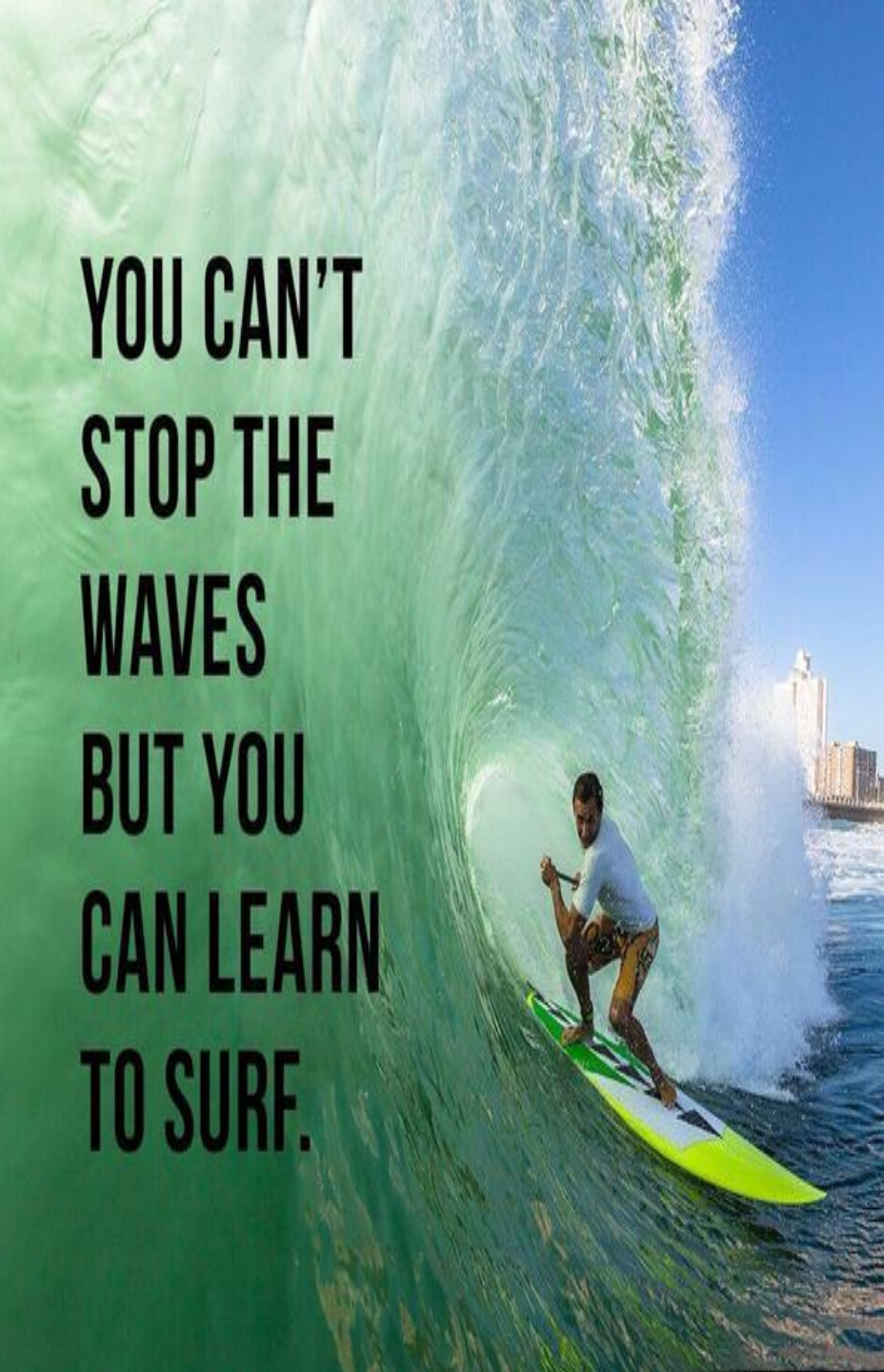
# Emotional First Aid: Emotion Regulation



Influenced by:

- Temperament
- Parental modeling
- Parental Interaction

Surprise Sadness Happiness Anger Disgust Fear

A photograph of a surfer riding a large, curling wave. The surfer is wearing a white shirt and patterned shorts, crouching on a yellow and black surfboard. The wave is a deep green color with white foam. In the background, a city skyline is visible under a clear blue sky.

**YOU CAN'T  
STOP THE  
WAVES  
BUT YOU  
CAN LEARN  
TO SURF.**

# Emotion Regulation

**Name the emotion**

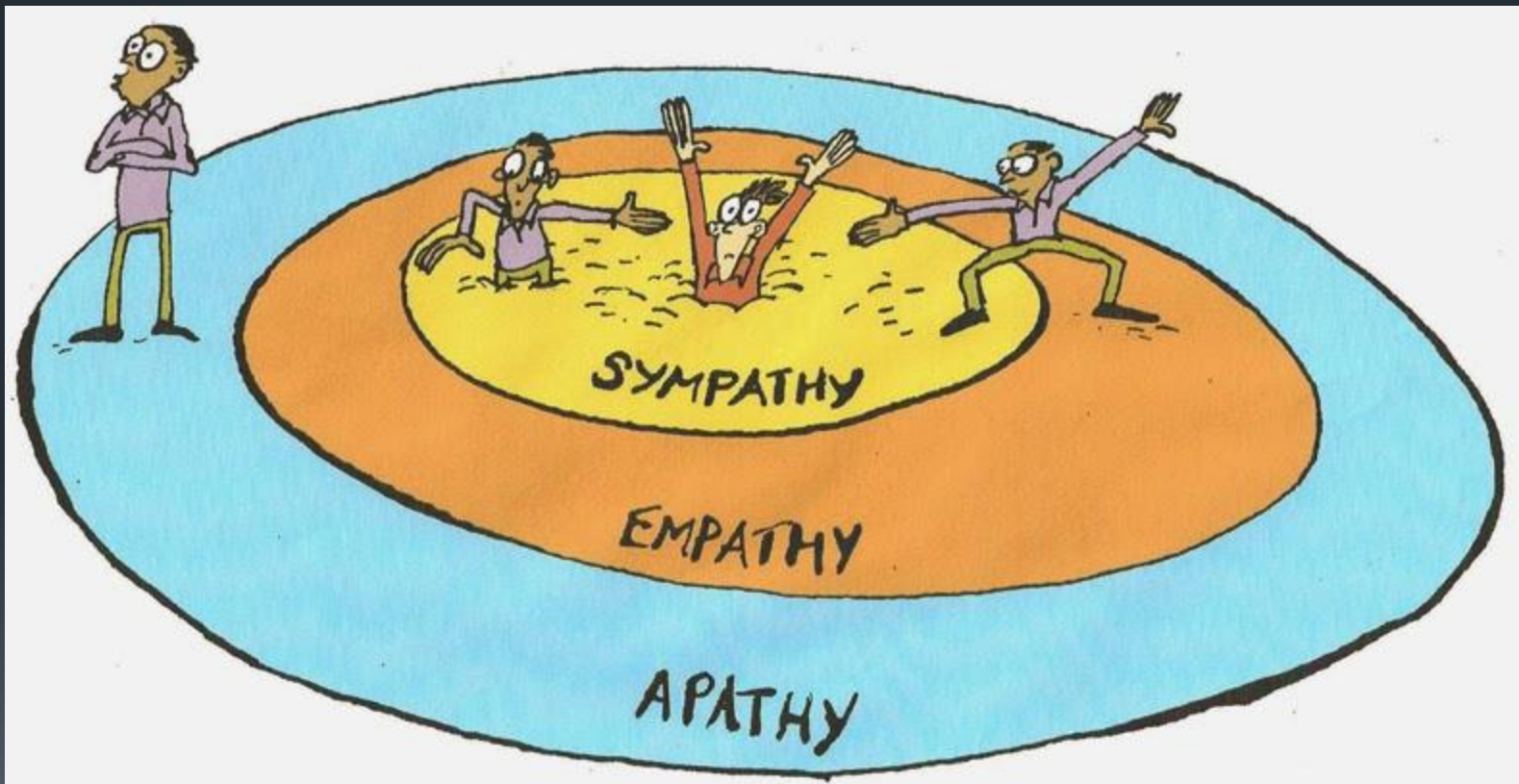
**Opposite Action**

**Build positive  
experiences**

**Tolerate Distress**



# Emotional First Aid: Empathy



# Relationship Priority

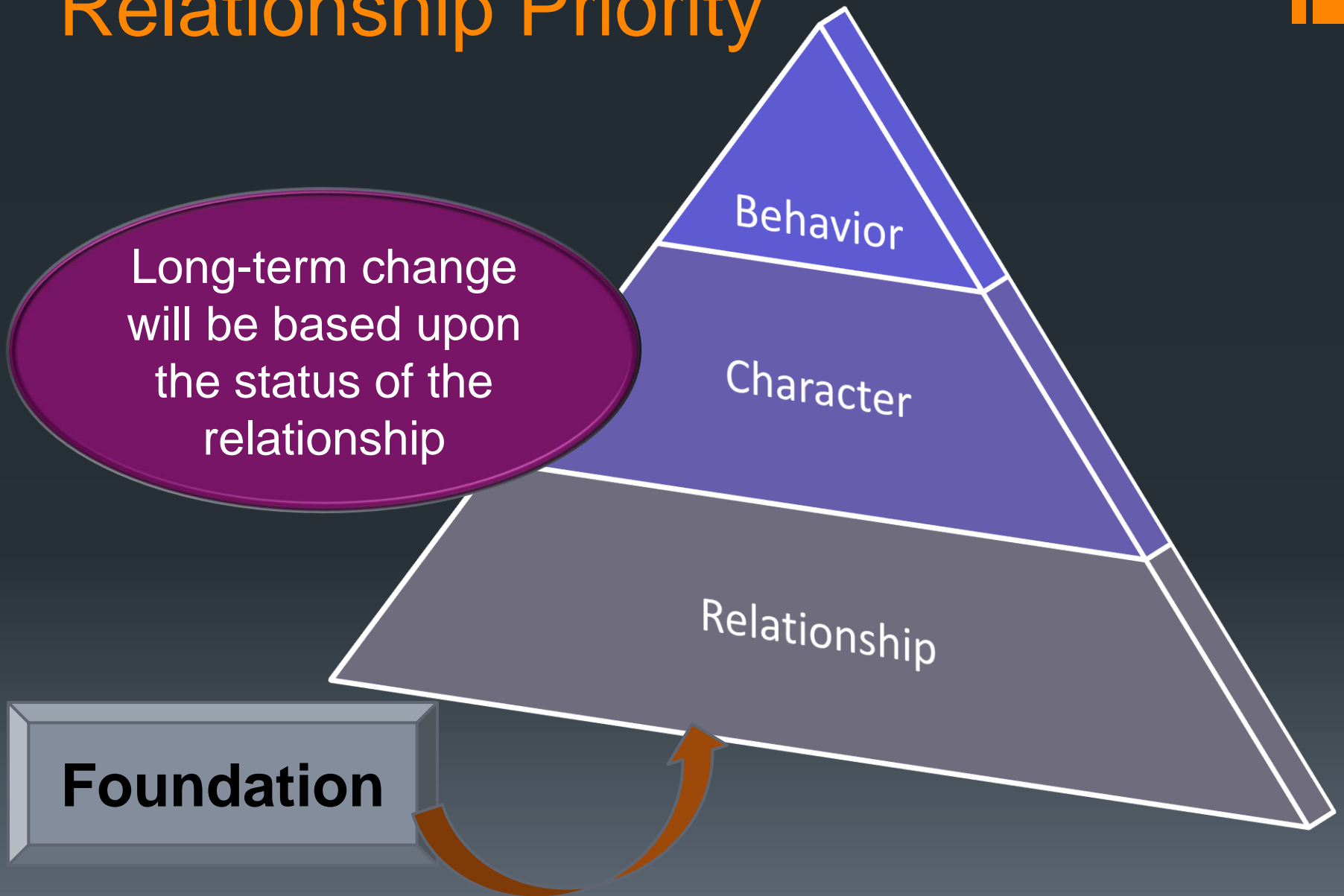
Long-term change  
will be based upon  
the status of the  
relationship

Behavior

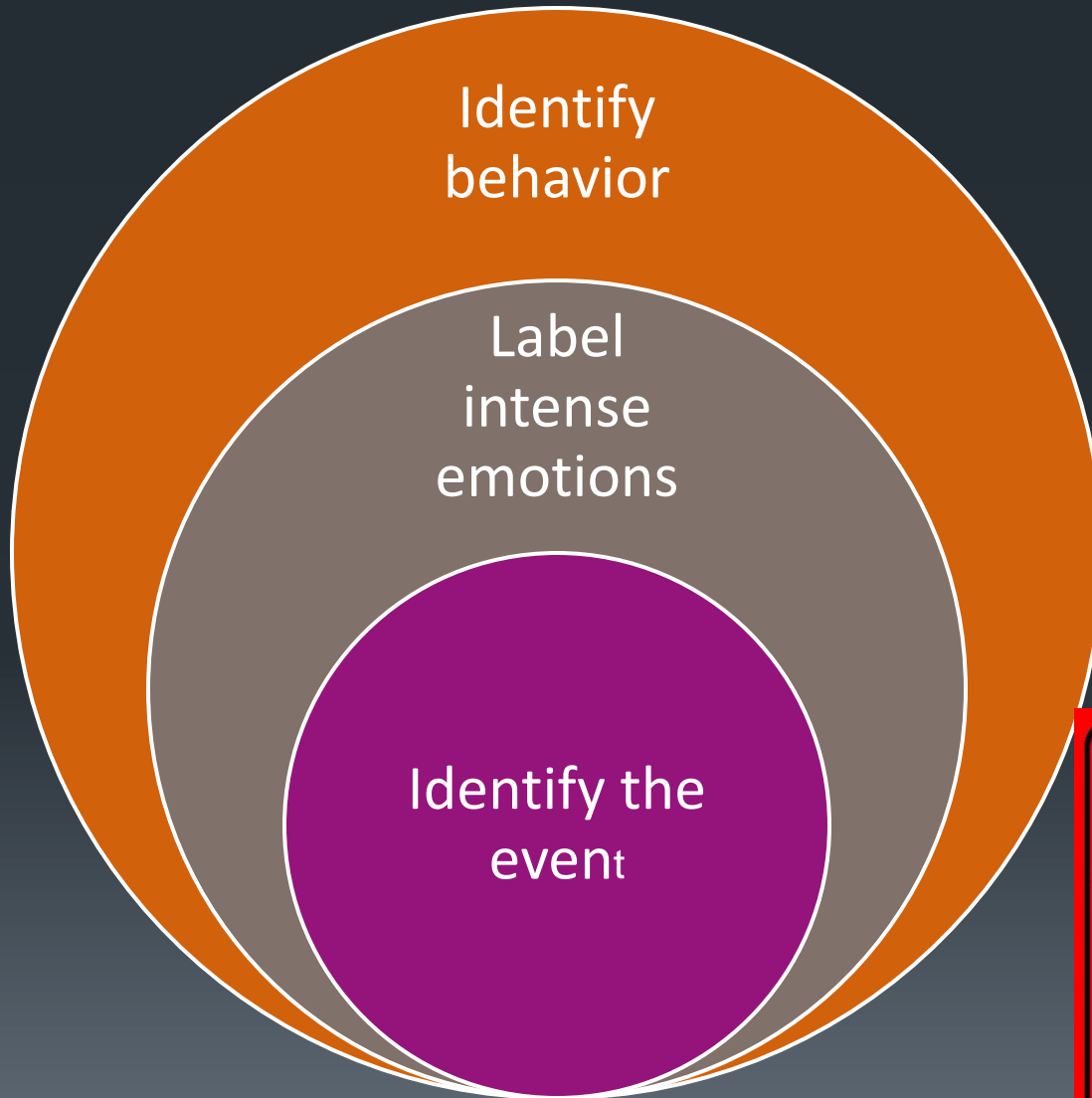
Character

Relationship

**Foundation**



# Trigger Identification



**WARNING**

**Possible Trigger Zone Ahead**

# Trigger Identification



Tension  
Headache  
Racing heart  
Sweaty



Personalizing  
Catastrophizing  
Criticism



Intense  
emotions:  
Rage  
Fear  
Despondence



Abuse  
Sleep Probs  
Eating Change  
Substance Use



**Pay Attention to Signals**

# Radical Acceptance

- Accept that reality is what it is
- Accept that an event causing pain has a cause.
- Accept life can be worth living even with painful events.



# Supporting Parents Who Haven't Been Parented Well

- Understand why the gap exists
- Assess the size of the gap
- Intervene appropriately





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