



Centrepointh Psychotherapy

Your space for Harmony, Balance & Growth

8 Week Mindful Parenting Course offered by Registered Clinical Counsellor, Joelle Lazar, will provide parents with:

- An introduction to the philosophy, practice, and benefits of mindfulness.
- An understanding the relationship between stress and emotional reactivity.
- Mindfulness skills to reduce the impact of stress and support self-regulation
- Mindfulness skills for self-compassion with their own, and their child's, emotions.
- Strategies like emotional coaching to increase parent-child attunement in the midst of children's difficult emotions.
- An understanding of the role of mindfulness in self-care, and how it can support parents to nurture emotionally attuned relationships with their children.

Current Research in Support of the Benefits of Mindful Parenting Training for Parents of Children with Exceptional Needs (Autism Spectrum)

Current research suggests that a reciprocal relationship exists between child problem behaviours and parenting stress (Neece et al. 2012, as cited in Hwang et al, 2015).

Studies have shown that:

- Mindful parenting is related to lower levels of depressive symptoms and stress (Beer, Ward, and Moar, 2013), and is instrumental in breaking the cycle of escalation in parental distress and child behavioural problems (Beer, Ward, and Moar, 2013; Lunsky, Robinson, Reid, & Palucka, 2015; Parent et al, 2010).
- Anxiety in parents with children with ASD is abnormally high (Beer, Ward, and Moar, 2013).
- Increased levels of self-compassion among parents of children with ASD is related to lower levels of parental distress (Beer, Ward, and Moar, 2013).
- Parental stress can disrupt child attunement, and child behaviour problems both exacerbate, and are exacerbated by, parental stress (Beer, Ward, and Moar, 2013; Lecavalier, Leone, Wiltz, 2006).
- Increased mindful parenting resulting from parent mindfulness training is related to decreased child behaviour problems (Bluth & Wahler, 2011; Singh et al, 2006).

Parent mindfulness can greatly support parents to:

- Experience more resilience in the face of stress
- Develop a less reactive, more responsive approach to the stressors in their lives.
- Enhance patience and acceptance of their child's challenging behaviours.
- See the world through their child's eyes, which may also encourage more patience and acceptance of their child's challenging behaviours.
- Engage in Self Care activities
- Improve communication with family members

- Focus on their child's strengths and successes, and think creatively about how to approach problem behaviours in new ways.

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