



# *The Hebrew University of Jerusalem*

## *Syllabus*

### *Parental guidance - 34954*

*Last update 18-11-2024*

*HU Credits: 2*

*Degree/Cycle: 2nd degree (Master)*

*Responsible Department: Education*

*Academic year: 0*

*Semester: 2nd Semester*

*Teaching Languages: Hebrew*

*Campus: Mt. Scopus*

*Course/Module Coordinator: Dr. Naama Gershby*

*Coordinator Email: [eyale@savion.huji.ac.il](mailto:eyale@savion.huji.ac.il)*

*Coordinator Office Hours: Wednesdays 10-10:30 upon request*

*Teaching Staff:*

---

Dr. Eyal Eliash

Course/Module description:

The course will deal with the development of parental involvement in the therapy of their children. Getting to know different approaches to parent guidance and an integrative approach to parenting. Learning principles for planning a therapeutic process with parents, characteristics of therapeutic communication with parents. Common difficulties and coping methods. In addition, we will deal with parent guidance of children and youth in a variety of difficulties such as behavior problems and anxiety disorders.

Course/Module aims:

Acquaintance with the field of parent guidance and parenting therapy. Main therapeutic approaches and integrative thinking. as well as learning basic skills for parent guidance.

Learning outcomes - On successful completion of this module, students should be able to:

Describe and compare different approaches to parental guidance and an integrative approach. know the characteristics and goals of a therapeutic process with parents, the role of the therapist, the characteristics of the therapeutic relationship and various techniques. Conceptualize and formulate principles for guiding parents while focusing on various difficulties of their children

Attendance requirements(%):

100

Teaching arrangement and method of instruction: Lecture, watching video demonstrations, discussion, and practice in groups

Course/Module Content:

Parenting as a developmental process  
Attachment emotion regulation and mentalization in parenting  
Parental psychopathology and stress  
Parenting as a system  
Formulation of parenting and different levels of interventions  
Transtheoretical practices in parenting based interventions: support, emotion regulation, mentalization and the quality of parent-child relationship.  
Evidence based practices for working with parents of children with behavior difficulties and anxiety disorders.

---

Working with parents of adolescents; autonomy and supervision  
An integrative approach to parenting based interventions.

Required Reading:

will be delivered in the first lesson

Additional Reading Material:

אוסטרול ז. (1995). פתרונות פתוחים : טיפול פסיכולוגי בילד וסביבתו. הוצאת שוקן.  
ברגמן ז. וכהן א. (1994). המשפחה- מסע אל עמק השווה. הוצאת עם עובד  
גרין ר. (2003). ילד פיצוץ : גישה חדשה להבנתם ולגידולם של ילדים הנוטים לתסכול ולנוקשות  
כרונית. הוצאת עם עובד.  
הפרט ד, י. (2011). יסודות הטיפול הקוגניטיבי התנהגותי. בתוך: מור, נ., מאירס, י., מרום, צ., גלבע-  
שכטמן, א. (עורכים) טיפול קוגניטיבי-התנהגותי בילדים: עקרונות טיפוליים. הוצאת דיון. עמ' 1-16.  
חמיאל ד. (2011). חרדה כללית וחרדת פרידה. בתוך: מור, נ., מאירס, י., מרום, צ., גלבע-שכטמן, א.  
(עורכים) טיפול קוגניטיבי-התנהגותי בילדים: עקרונות טיפוליים. הוצאת דיון. עמ' 69-97.  
כהן א. (2011). בריחת צואה (אנקרופרזיס). בתוך: מור, נ., מאירס, י., מרום, צ., גלבע-שכטמן, א.  
(עורכים) טיפול קוגניטיבי-התנהגותי בילדים: עקרונות טיפוליים. הוצאת דיון. עמ' 331-352.  
כהן א. (2017) "טיפול בהורות" - רציונל תאורטי ומחקרי למעורבות הורים בטיפול בבעיות ילדיהם.  
בתוך כהן א. (עורכת) טיפול בהורות. גישה אינטגרטיבית לטיפול בבעיות ילדים באמצעות הוריהם.  
הוצאת אח. 11-46.  
כהן א. (2017) טיפול אינטגרטיבי בהורות - תיאוריה, מחקר ועקרונות טיפוליים. בתוך כהן א. (עורכת)  
טיפול בהורות. גישה אינטגרטיבית לטיפול בבעיות ילדים באמצעות הוריהם. הוצאת אח. 47-116.  
כהן א. (2017) הפרקטיקה של הטיפול בהורות: עקרונות, משימות ותהליכים בגישה אינטגרטיבית.  
בתוך כהן א. (עורכת) טיפול בהורות. גישה אינטגרטיבית לטיפול בבעיות ילדים באמצעות הוריהם.  
הוצאת אח. 117-172.  
לבוב א. (2017) ההורה כמגדלור. הוצאת מודן  
עומר ח. (2011) הסמכות החדשה. הוצאת מודן  
עופר נ. וגרוס נ. (2017) טיפול בהורות באמצעות התערבויות חוויתיות ממוקדות רגש. בתוך כהן א.  
(עורכת) טיפול בהורות. גישה אינטגרטיבית לטיפול בבעיות ילדים באמצעות הוריהם. הוצאת אח.  
173-222.  
אליאש א. (2017) טיפול בהורות לילדים עם הפרעות התנהגות - שילוב תרחישים ומשחקי תפקידים.  
בתוך כהן א. (עורכת) טיפול בהורות. גישה אינטגרטיבית לטיפול בבעיות ילדים באמצעות הוריהם.  
הוצאת אח. 273-318.  
מאירס י. וענבר ב. (2011). המשגת מקרה. בתוך: מור, נ., מאירס, י., מרום, צ., גלבע-שכטמן, א.  
(עורכים) טיפול קוגניטיבי-התנהגותי בילדים: עקרונות טיפוליים. הוצאת דיון. עמ' 17-34.  
רון ת. וחממה ל. (2011). גורמים התפתחותיים. בתוך: מור, נ., מאירס, י., מרום, צ., גלבע-שכטמן,  
א. (עורכים) טיפול קוגניטיבי-התנהגותי בילדים: עקרונות טיפוליים. הוצאת דיון. עמ' 35-52.

Altman, N., Briggs, R., Frankel, J., Gensler, D. & Pantone, P. (2002). Relational Child Psychotherapy. New York: Other Press. Chapter 14 (pp.287-310)  
Feinstein, N.R., Fielding, K., Udvari-Solner, A., Joshi, S., V. (2009). The supporting alliance in child and adolescent treatment: Enhancing collaboration among therapists, parents, and teachers. American Journal of Psychotherapy, 63(4), 319-344.

- 
- Fonagy, P., Cottrell, D., et al, (2015) *what Works for Whom? A Critical Review of Treatments for Children and Adolescents*. New York: Guilford Press.
- Fraiberg, S., Adelson, E, and Shapiro, S, (1975). *Ghosts in the Nursery. A Psychoanalytic Approach to the Problems of Impaired Infant-Mother Relationships*. *Journal of the American Academy of Child and Adolescent Psychiatry*, 14(3), 387-421.
- Freud, A. (1976). *The Role of Transference in the Analysis of Children*. In Schaefer, C. (Ed.) *The Therapeutic use of Child's Play*. Jason Aronson, Inc.
- Hughes, D.A. (2007). *Attachment -focused family therapy*. Norton. Chapter 6: *Being with children* (pp. 161-176); Chapter 7: *Managing shame* (pp.177-190)
- Hughes, D.A. (2008). *Developing Attachment* (video recording).
- Jacobs, L. (2006). *Parent-centered work: A relational shift in child treatment*. *Journal of Infant, Child, and Adolescent Psychotherapy*, 5,226-239.
- Kazdin, A. E. (2005).*Parent management training: Treatment for oppositional, aggressive and antisocial behavior in children and adolescents*. New York: Oxford University Press.
- Klein, M. (1976) *The Psychoanalytic Play Technique*. In Schaefer, C. (Ed.) *The Therapeutic use of Child's Play*. Jason Aronson, Inc.
- Lieberman, A., Padron, E., et al (2005). *Angels in the nursery: The intergenerational transmission of benevolent parental influences*. *Infant mental health journal*, 26(6), 504-520.
- Lieberman, A. F., & Horn, P. V. (2009). *Child-parent psychotherapy: A developmental approach to mental health treatment in infancy and early childhood*. In Zeanah Jr., Charles H. (Ed), *Handbook of infant mental health* (3rd ed.). (pp. 439-449). New York, NY, US: Guilford Press
- Midgley, N. (2006). *Re-reading "Little Hans": Freud's case study and the question of competing paradigms in psychoanalysis*. *Journal of the American Psychoanalytic Association*, 54(2), 537-559.
- Siegel, D. and Payne Bryson, T.(2014). *No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind*. Bantam Books.
- Slade, A. (2008). *Metallization as a frame for parent work in child psychotherapy*. In E. Jurist, A. Slade, & S. Bergner, Eds., *Mind to Mind: Infant Research, Neuroscience and Psychoanalysis* (pp. 307-334). New York: Other Press.
- Brinkmeyer, M. & Eyberg, S. M. (2003). *Parent-child interaction therapy for oppositional children*. In: Kazdin, A. E. & Weisz, J. R. (Eds.). *Evidence-based psychotherapies for children and adolescents* (pp. 204-223). New York. Guilford Press.
- Cole, P., Zahn-Waxler, C., Fox, N., Usher, B. & Welsh, J. (1996). *Individual differences in emotion regulation and behavior problems in preschool children*. *Journal of Abnormal Psychology*. 105 (4) 518-529.
- Cohen, E. (2006). *Parental level of awareness: An organizing scheme of parents' belief systems as a guide in parent therapy*. In C. Wachs & L. Jacobs (Eds.), *Parent-focused child therapy: Attachment, identification and reflective functions* (pp. 39-64). Lanham, MD: Rowman & Littlefield.
- DeKlyen, M. & Greenberg, M. T. (2008). *Attachment and psychopathology in*

---

childhood. In: Cassidy, J. & Shaver, P. R. (Eds.). *Handbook of attachment: Theory, research, and clinical applications*. 2nd ed., (pp. 637-665). New York. Guilford Press.

Fonagy, F., Cottrell, D., Phillips, J., Bevington, D., Glaser, D. & Allison, E. (2015). *What Works for Whom? A Critical Review of Treatments for Children and Adolescents*. Second Edition. New York. Guilford Press.

Guttmann-Steinmetz, S. & Crowell, J.A. (2006). Attachment and externalizing disorders: a developmental psychopathology perspective. *Journal of the American Academy of Child and Adolescent Psychiatry*, 45(4), 440-51.

Harvey E. A, Breau R. P. & Lugo-Candelas C. I. (2016). Early Development of Comorbidity between Symptoms of Attention-Deficit/Hyperactivity Disorder (ADHD) and Oppositional Defiant Disorder (ODD). *Journal of Abnormal Psychology*, 125 (2), 154-167.

Hughes, D. A. (2007). *Attachment: Focused Family Therapy*. New York-London, W.W. Norton & Company.

Hughes, D. A. & Baylin, J. (2012). *Brain-Based Parenting: The Neuroscience of Caregiving for Healthy Attachment*. New York-London, W.W. Norton & Company.

Jacobs, L. & Wachs, C. (2002). *Parent Therapy: The Relational Alternative to Working with Children*. New York. Jason Aronson Inc.

Kaminski, J. W., Valle, L. A., Filene, J.H., Boyle, C. L. (2008). A meta-analytic review of components associated with parent training program effectiveness. *Journal of Abnormal Child Psychology*, 36(4), 567-89

Kazdin, A. E. (2008). *The Kazdin Method for Parenting the Defiant Child*. Houghton Mifflin Company. Kindle Edition.

Kazdin, A. E. (2005) *Parent Management Training: Treatment for Oppositional, Aggressive, and Antisocial Behavior in Children and Adolescents*. New York. Oxford University Press. Kindle Edition.

Kim, S., Kochanska, G., Boldt, L. J., Nordling, J. K., O'Brien, J. J. (2014).

Developmental trajectory from early responses to transgressions to future antisocial behavior: Evidence for the role of the parent-child relationship from two longitudinal studies. *Development and Psychopathology*, 26 (1), 93-109.

Lyons-Ruth, K. (1996). Attachment Relationships Among Children with Aggressive Behavior Problems: The Role of Disorganized Early Attachment Patterns. *Journal of Consulting and Clinical Psychology*, 64 (1), 64-73.

Mikulincer, M., Phillip R. S., & Pereg, D. (2003). Attachment Theory and Affect Regulation: The Dynamics, Development, and Cognitive Consequences of Attachment-Related Strategies. *Motivation and Emotion*, 27, (2) 77-102.

Omer, H. (1993). The integrative focus: Coordinating Symptom and person oriented perspectives in therapy. *American Journal of Psychotherapy*, 7 (2), 283-295.

Pantone, J. P. (2000). Treating the parental relationship as the identified patient in child psychotherapy. *Journal of infant, Child and Adolescent psychotherapy*, 1(1), 19-37.

Patterson G. R. (2005). The next generation of PMTO models. *The Behavior Therapist*, 28 (2), 25-32.

Safran, J., Segal Z.V. (1996). *Interpersonal Process in Cognitive Therapy*. Jason Aronson.

- 
- Safran, J. & Muran. C. (2002). *Relational approach to psychotherapy in: Magnavita, J. J. (Eds.). Comprehensive Handbook of Psychotherapy, Psychodynamic/Object Relations Vol 1.* New York. Wiley Inc.
- Siegel, D. J. & Bryson, T. P. (2014). *No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind.* Melbourne-London. Scribe Publishing. Kindle Edition.
- Siegel, D.J. (1999). *The developing mind: How relationships and the brain interact to shape who we are.* New York-London, Guilford Press.
- Stormshak, E. A., Bierman, K. L., McMahon, R. J. & Lengua, L. J. (2000). *Parenting Practices and Child Disruptive Behavior Problems in Early Elementary School.* *Journal of Clinical Child Psychology*, 29 (1), 17-29.
- Stern, D. N. (1998). *The motherhood constellation.* London, Karnac Books. Kindle Edition.
- Wachtel, P. L. (2014). *Cyclical psychodynamics and the contextual self: The inner world, the intimate world, and the world of culture and society.* Oxford, UK: Routledge.
- Wachtel, P. (2011). *Inside the Session: What Really Happens in Psychotherapy.* Washington, DC. APA.
- Wachtel, P. (1997). *Psychoanalysis, Behavior Therapy, and the Relational World.* Washington, DC. APA.
- Wachtel, P. (1993). *Therapeutic Communication; Principles and effective Practice.* New York, N.Y. Guilford Press..
- Welling, H. (2012). *Transformative Emotional Sequence: Towards a Common Principle of Change.* *Journal of Psychotherapy Integration*, 22 (2) 109-136.
- Ziv-Beiman, S. & Shahar, G. (2015). *Psychotherapy Integration.* In Cautin, R. L. & Lilienfeld, S. O. (Eds.). *The Encyclopedia of Clinical Psychology. (1-6) First Edition.* New York, John Wiley.

#### Grading Scheme:

Essay / Project / Final Assignment / Home Exam / Referat 100 %

#### Additional information: