



# Parent Management Training (PMT)

AIM's private clinic is launching a new family skills training program to expand our reach and better serve the community with exceptional psychological and behavioral services.

The **Family STARS** is a Parent Management Training (PMT) program that offers behavioral therapy and a support system for families of children ages 5-11 struggling with disruptive, off-task, and/or noncompliant behaviors, such as Attention-Deficit/Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), and adjustment difficulties, as well as everyday behaviors that disrupt family, social, and school experiences.

- Each session includes **2 therapists** - one who works with the child and one who works with the parents or adult caregivers.
- In each session, we will be using evidence-based behavioral methods that closely address common socio-emotional and behavioral developmental challenges often experienced by school-aged children.
- Because parents serve as the driving force for behavior change, we will be working to improve family patterns of parent-child interactions with effective behavioral strategies.
- Children learn to apply adaptive, age-appropriate behavioral self-regulation strategies and gain opportunities to practice new skills.
- Each session culminates with parents joining their child to review strategies they plan to practice at home.
- Families will receive a wealth of written materials to help guide their practice
- The program consists of 10-12 weekly 60-minute sessions with flexible scheduling
- Sessions will be held in person at the AIM Clinic in central San Antonio
- Cost for the full program is \$2500 and payment can be split into two halves
- The Family STARS program will be offered **beginning in June of 2025**

We look forward to hearing from you by email or phone:

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