

# **PMTO (Parent Management Training - Oregon)**

**Evidence-based treatment for  
parents whose children have  
behavioral problems**

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# Theory and research

## 13

### PARENT MANAGEMENT TRAINING—OREGON MODEL

A Program to Treat Children's Behavior Problems

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#### Learning Goals

Students will gain knowledge about the Parent Management Training—Oregon model (PMTTO®):

1. PMTO as a theoretical model and practice.
2. Specific criteria EBT programs need to fulfill.
3. The theoretical background of PMTO.
4. The core elements of positive parenting practices.
5. Important training methods that set up PMTO practitioners to learn and publish skills.
6. Why method fidelity is important and how it can be measured.
7. Existing evidence supporting PMTO and randomized controlled trial (RCT) that have been conducted.
8. Important implementation strategies that need to be in place when a method is transferred from program developers to adopting sites.
9. Where and how PMTO has been implemented with high fidelity to the model.

#### Introduction

Parent Management Training—Oregon Model (PMTO), an evidence-based treatment (EBT) designed to prevent and reduce children's behavior problems, was developed by Gerald Patterson and his colleagues at the Oregon Social Learning Center (OSLC; esp., Patterson, Reid, & Eddy, 2003; Forgatch

Parent Management Training—Oregon Model 193

& Patterson 2010). PMTO meets EBT standards, including manual-based specifications of program details, careful descriptions of client samples, demonstrated efficacy in several between-group design experiments, and replication by independent investigators (Chambless & Hollon, 1998; Ely et al., 2005).

#### Needs Assessment and Target Audience

Children with behavior problems are at great risk of developing other adjustment disorders, including ADHD, depression, anxiety, academic difficulties, alcohol and drug abuse, delinquency, as well as limited social skills (Moffitt, Caspi, Harrer, & Silva, 2001; Matzuk & Swaner, 2002; Kazdin, 2005). Patterson and colleagues

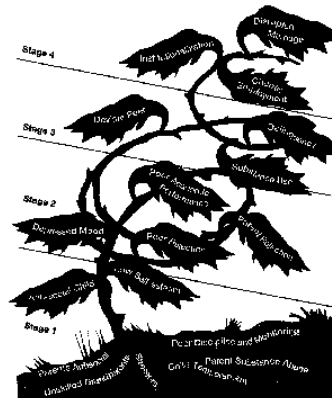
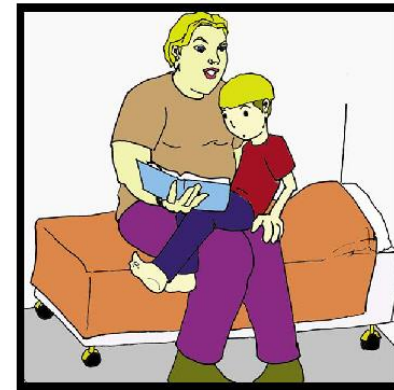


FIGURE 13.1 The Vile Weed: Stages in the Oregon Model

## POSITIVE INVOLVEMENT



# Intervention

- The service is provided for families with children between 4 and 12 years with behavioral problems
- The aim of the treatment is to re-establish a positive relationship between the parents and the child
- PMTO also aims to reduce oppositional behavior and promote positive development and adjustment

# Individual therapy

- For parents of children with severe behavior problems:
  - \* Weekly meetings 20- 25 times
  - \* Homework assignment
  - \* A mid-week call for support

# Parents groups

- **Lead by two experts:**
  - 1) **For parents of children with behavior disorder:**
    - \* 14 weekly meetings (1 ½ hour pr. time)
    - \* 10-14 parents per group
    - \* Homework assignment and a mid-week call for support between the meetings
  - 2) **For parents with children with mild problems or at risk to develop problems: (young children)**
    - \* 8 weekly meetings (2 ½ hour pr. time)
    - \* 12-16 parents per group
    - \* Homework assignment and four supporting calls

# Where to get more information

- PMTO in Oregon USA – OSLC: <http://www.oslc.org/>  
ISII in Oregon USA: <http://www.isii.net/>  
PMTO in Norway – Atferdssenteret:  
<http://www.atferdssenteret.no/> og <http://www.pmt.no/>  
PMTO in Danmark: <http://www.socialstyrelsen.dk/born-og-unge/programmer-med-evidens/pmt>  
PMTO in Netherlands: <http://www.pmt.nl/>  
PMTO in Michigan USA: <http://michiganpmt.com/>
- PMTO in Iceland: <http://www.pmt.is>

THANK YOU VERY MUCH