



## Parent Effectiveness Training (P.E.T.)



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Dr. Thomas Gordon's **Parent Effectiveness Training (P.E.T.)** class is the pioneering program that has helped millions of parents around the world. We have classes offered by certified P.E.T. Instructors throughout the country and in many different countries.

Whether you're the parent of a toddler or a teenager, you know that parenting can be challenging – even overwhelming at times. Unfortunately, children don't come with an instruction manual. And, being a parent doesn't always mean that you automatically or instinctively know what to do.

Parent Effectiveness Training (P.E.T.) offers **proven and effective communication skills that really work**. When they use these skills, parents are amazed with the dramatic improvement both in their families and in all their relationships. **This program was created by award-winning psychologist and three-time Nobel Peace Prize Nominee, Dr. Thomas Gordon** in 1962. A major revision of the P.E.T. program was completed in July, 2006 with up-to-date examples, new content and more.

**You, too, can learn these communication and conflict resolution skills through Dr. Gordon's P.E.T. program, taught by a certified P.E.T. Instructor.**

### HOW YOU AND YOUR FAMILY WILL BENEFIT

- Your children will feel free to discuss their problems and concerns with you instead of withdrawing.
- They will learn self-discipline, self-control and an inner sense of personal responsibility.
- You will learn how to work with each other instead of against each other.
- You'll experience fewer angry outbursts and more problem-solving.
- Everyone can participate in rule-setting so all will feel motivated to comply with the rules.
- Fewer power struggles—less tension, less resentment, more fun, more peace, more love.

### WHAT YOU WILL LEARN

- How to talk to your children so that they will listen to you.
- How to listen to your children so they feel genuinely understood.
- How to resolve conflicts and problems in your family so that no one loses and problems stay solved.
- A method for troubleshooting family problems and knowing which skills to use to solve them.

"The best basic training program ever. Amazing. You will never make more excuses for not having a good educated and disciplined child. Never punish a son or daughter again. Its effectiveness is incredible."

- F-Jose Navarro Molina

## HOW THE PROGRAM WORKS

P.E.T. is a 24-hour program, divided into 8 sessions (3 hours each) with 2 additional sessions of practice, designed to involve 8 to 15 participants very actively in their own learning.

This intensive proven program is taught only by instructors certified by Gordon Training International. The P.E.T. class consists of brief lectures, demonstrations, workbook exercises, role-playing, some homework and small group discussion.

Each class participant will receive a set of P.E.T. materials which includes the 30th anniversary edition of the P.E.T. book, a P.E.T. Workbook, a Participant Certificate and a copy of Dr. Gordon's Credo.

All the content, key concepts & visuals will be in English, **but the interaction and the verbal communication will be in Arabic.**

**10 sessions at the cost of 20 USD per session**

**TOTAL AMOUNT OF \$200**

PRIVATE SESSIONS CAN BE ORGANIZED FOR GROUPS OF MINIMUM 10 PEOPLE

### WHAT YOU WILL GET

A signed certificate of participation from Gordon Training Institute (USA)

A credo signed by Dr. Thomas Gordon

A workbook to be used during the training (in English)

P.E.T., Parent Effectiveness Training book (in English)

**TO REGISTER, CONTACT US ON:**

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