



The Parent's 20 Minute Guide to Change

The Center For Motivation And Change

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The Parent's 20 Minute Guide helps parents utilize Craft (Community Reinforcement and Family Training) and Motivational Techniques to help you change your child's substance use. Family members who are trained in Craft are more likely (than those trained to do interventions or who attend Al-Anon) to reduce or stop substance use in their loved one as well as increase the loved one's willingness to get help. In Craft, the concerned family member (that's you!) also feels better. This guide will help you with such tools as: How to react when your child has been using substances and when he has Not been using; How to co-parent and collaborate as effectively and smoothly as possible; Getting more of what you want to see from your child and less of what you don't; How to talk to your child so that you are more likely to be heard; How to take care of yourself all along the way

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