This model of effective relationships for parents is taught by certified P.E.T. instructors by Gordon Training International. The Gordon Model is based on the work of three-time Nobel Peace Prize Nominee and award-winning psychologist, Dr. Thomas Gordon, who created P.E.T. in 1962.

THE GORDON MODEL FOR PARENTS

Our training programs have been offered in over 50 countries. The skills are universal across cultures and are taught by Gordon Training International instructors. This model of effective relationships for parents is taught by certified P.E.T. instructors by Gordon Training International. (Dr. Linda Adams, Gordon.)

CONFLICTIVE, BEAR-HUGGING, PROVOCATIVE, AND POSITIVE I-MESSAGES

Construction: This is the communication a parent makes to the child when the parent owns a problem but the child can tell the parent the problem is not significant to the child. (This is taught by Gordon.)

Example: "I was so proud when I heard you telling those kids you wouldn't lie to them. It's great. You're setting a fine example!"

Preventive: (This concept was created by Dr. Gordon.)

Example: "If you think you may want to ask me about going to the doctor's, now's the time to bring it up."

Values: (Linda Adams, Gordon.)

Example: "I didn't like when you talked loud in the movies. I don't like it when voices raise during the news because I can't hear it."

I-Messages express appreciation, enjoyment, and affection. They contribute greatly to your child's self-esteem and sense of worth. "I-messages" are congruent with the behavior of the specific behavior, the person sends a parent. A type of I-Message. (This concept was created by John Dewey.)

Example: "I need some uninterrupted time right now."

Declarative: This is a skill of reflecting back to another what you believe another believes. It's a temporary shift, from confronting to listening, that makes it more effective.

Example: "It's not the homework that you find troublesome—parents really, really important!"

About Gordon Training (Gordon Training International) (GTI) offers communication and conflict-resolution training that is taught by certified P.E.T. instructors. The training includes live, at-home, and online classes. Gordon has taught to over a million parents. I-Messages are taught to improve and encourage basic interpersonal communication and self-disclosure skills. Gordon has been teaching for over thirty years and has a great deal of practice and coaching with a wide variety of instructors.

METHOD III: CONFLICT RESOLUTION

For the most effective modeling, the child must be taught a method of conflict resolution that will empower the child to be more successful in future situations. Gordon Training offers a method of conflict resolution taught by certified P.E.T. instructors by Gordon Training International.

V. SOLUTIONS

A. Choosing: A Problem

1. Choosing: A Problem

2. Avoiding: A Problem

3. Questioning: A Problem

4. Reassuring: A Problem

5. Analyzing: A Problem

6. Advising: A Problem

7. Moralizing: A Problem

8. Using Logic: A Problem

9. Warning: A Problem

10. Ordering: A Problem

Gordon Training trains certified P.E.T. instructors who are educated on the work of Dr. Thomas Gordon, who created the Gordon Model. (Linda Adams, Gordon.)

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