

Strengthening the Parent–Child Relationship in Therapy

Laying the Foundation for
Healthy Development | **Larissa N. Niec**



AMERICAN PSYCHOLOGICAL ASSOCIATION

CONTENTS

Preface	xi
Acknowledgments	xv
I. THE INFLUENCE OF THE PARENT-CHILD RELATIONSHIP ON CHILD DEVELOPMENT	1
1. When I Need You, You're Here: Initiation of the Parent-Child Relationship	3
2. Keep the First Domino Standing: How Healthy Parenting Builds Healthy Children	21
3. Risk and Disruption in the Parent-Child Relationship	43
II. REPAIRING AND STRENGTHENING THE PARENT-CHILD RELATIONSHIP IN THERAPY	63
4. Determining Treatment Targets and Monitoring Progress: The Importance of Assessment	65
5. Fostering Responsive Parenting	83
6. When Negative Emotion Is a Positive Experience: Healthy Limit-Setting in the Parent-Child Relationship	103
7. Relationship-Based Interventions for Parents and Young Children	131

III. OVERCOMING BARRIERS TO SUCCESS	157
8. Engaging Fathers: Building a Positive Father-Child Relationship	159
9. Difficult Cases, Therapist Burnout, and the Importance of Self-Care	177
10. Knocking Down Barriers to Effective Treatment: A Call for Advances and Culture Shifts	201
References	215
Index	271
About the Author	285