

**NEW YEAR, NEW PEACEFUL PARENTING, NEW YOU:  
Neither Permissive or Authoritarian but Responsibly Free  
PARENT EFFECTIVENESS TRAINING (P.E.T.) ONLINE  
Saturday, 1PM, January 15, 2022 (New Zealand time)  
Stay Home & Learn On Interactive Zoom With Workbooks**



This Online P.E.T. course begins January 15, 2022, Saturday, 1 to 3-to-4PM (New Zealand time) and runs consecutive Saturdays: January 15, 22, 29; February 5, 12, 19, 26; March 5. There are eight 2 to 3 hour sessions over the eight Saturdays.

**The cost is \$50NZD** (single or couple) and includes 2 workbooks, the P.E.T. book by Thomas Gordon, numerous handouts for each module including a PDF of the PowerPoint presentation for each of the eight modules, and a Completion Certificate (if you complete all 8 sessions), all digital and emailed to you.

This highly interactive course includes role play, group discussions, personal examples, workbook exercises, weekly debriefing and personal support online. You will work as a group and in twos and threes as Zoom allows for multiple “breakout groups”.

Parent Effectiveness Training (P.E.T.) is the world’s oldest, most popular and proven effective parenting program in the world. Since its inception in 1962 millions of parents from many different cultures have benefitted from the program. P.E.T. differs from all other parenting programs in that it never condones nor advocates the use of any kind of punishment or reward. You learn how to substitute talking and listening to meet needs mutually rather than using power to try to control the child’s unwanted behaviour or giving up and surrendering to your child.

Jack’s Facebook, Website, Sync P.E.T. Free Downloads:

<https://www.facebook.com/P.E.T.NewZealand>

<https://www.parenteffectivenessstrainingnewzealand.com>

<https://ln5.sync.com/dl/79ac61500/zhg2m8md-yg7uytar-s2kc8i5q-egpnsxz4>

YouTube videos on P.E.T. : “Everybody Loves Raymond” – U.S. TV series, Ray: “A parenting class? That’s supposed to come natural. That’d be like taking a smelling class.” <https://tinyurl.com/2s398ftr>

Parent Effectiveness Training P.E.T. <https://tinyurl.com/3x89py2s>

**To Enrol In The Online Course Or Any Questions, Contact Jack:**

Cell: +64 (0)224094035. Email: [responsiblyfree@protonmail.com](mailto:responsiblyfree@protonmail.com)

“Parents can raise children who are responsible, self-disciplined, and cooperative without relying on the weapon of fear; they can learn how to influence children to behave out of genuine consideration for the needs of parents rather than out of fear of punishment or withdrawal of privileges.”  
Thomas Gordon, founder of P.E.T.

Toward Peaceful Parenting the P.E.T. way, Jack Carney

Certified P.E.T. Instructor (Effectiveness Training Institute of Australia Ltd)

## **My Parent Effectiveness Training New Zealand Mission Statement**

<https://www.parenteffectivenessstrainingnewzealand.com/>

To show parents the value and possibility of raising Responsibly Free children by learning to listen and talk so as to meet needs mutually without resorting to the use of power to control.

### **Course Outline | Parent Effectiveness Training**

Session 1: Understanding Parent Effectiveness and Your Relationships

Session 2: Learning the Helping Skills

Session 3: Applying Active Listening

Session 4: Confronting Unacceptable Behavior

Session 5: Applying I-Messages

Session 6: Resolving Conflicts

Session 7: Applying Method III (No Lose Conflict Resolution)

Session 8: Resolving Values Collisions

#### **Session 1 – Introduction to Course and the concept of ‘The Effective Parent’**

- Explores the characteristics of the effective parent and some beliefs that limit us as parents.
- Introduction to the Gordon Model and how it supports parents with their communication and relationships.
- Introduces a method of understanding different behaviours and what techniques to apply in which situations.
- Describes the concept and importance of identifying ‘who owns the problem’ within the family thus alleviating some major stressors for parents.
- Addresses some of the myths of parenting which is very liberating especially for the modern parent.

#### **Session 2 & 3– Helping children meet their needs through active listening**

- How to recognise and help your child when they have a problem.
- Avoiding the communication that results in ‘road blocking’ communication with your child.
- Listening actively so your child feels heard and safe to express their upset.
- Problem solving method to help your child learn to solve their own problems and become more independent.
- Questions, skills practice and scenarios.

#### **Session 4 & 5 – Assertiveness skills to assist the parents to get their needs met**

- How to communicate to help build a strong relationship with your child.
- The use of ‘I’ messages to express the parent’s needs in a way that actually builds the child’s awareness and resilience.
- A deeper understanding of anger, what is beneath it and how to manage it.
- How to deal with resistance/acting out so that your child will modify their problem behaviour.
- Questions, skills practice, and scenarios.

#### **Session 6 & 7 –Resolving conflict of needs**

- What the harmful impacts are of the authoritarian and permissive methods of parenting.
- Understanding how our normal ways of resolving conflicts harms both the relationship and self-esteem of the child.
- Learning a new method to resolve conflict that actually builds the strength of the parent-child relationship and the confidence and resilience of the child.

- Introduction to the 'no-lose' method of conflict resolution that cares for the needs of parents and the child.
- Learning to identify our own and our children's needs and how to start to meeting them.
- How to apply a method known as the 'Six steps to Problem Solving'.
- Questions, skills practice and scenarios.

### **Session 8 – Resolving Values Collisions**

- Understanding values collisions and how they impact all our relationships.
- Options for resolving values collisions harmoniously.
- How can we be an effective model and consultant when our children are behaving in ways that are different to our ways?
- Understanding difference and how we can live with others who are different to us.
- Self-acceptance and how to support yourself as a parent.
- How to manage your time effectively within relationships.

### **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.

### **TESTIMONIALS**

From two P.E.T. graduates of the first ever course in Auckland completed December 8, 2019:

Marie, mother of 19 month old:

"It [P.E.T. course] was incredibly insightful. I felt listened to. It made me excited to learn about relationships. I am understanding my son. I enjoy being a parent. P.E.T. is underrated and needs to be spread around New Zealand. I am very grateful to have done this course."

Tom, father of 7 and 9 year old boys:

"P.E.T. is a fundamental and crucial course for anyone who wants to better connect with another human being. This course has improved the way I think and act with people who are important to my life. Jack has been a fantastic instructor and facilitator. Lots of resources were provided in and out of classes."

I leave you with two favourite quotes:

"As a society we must urgently adopt the goal of finding and teaching effective alternatives to authority and power in dealing with other persons—children or adults—alternatives that will produce human beings with sufficient courage, autonomy, and self-discipline to resist being controlled by authority when obedience

to that authority would contradict their own sense of what is right and what is wrong.” Thomas Gordon

Finally, a quote from Lloyd deMause, the founder of Psychohistory that addresses parental abuse in child rearing convincingly showing how all wars and human violence issues from crippling, coercive parenting:

“The crucial task of future generations will be to raise loved children who grow up to be peaceful, rather than walking time bombs. Self-mastery must replace the mastery of others. Global suicide must not continue to be our goal.”

The Origins of War in Child Abuse—Lloyd DeMause

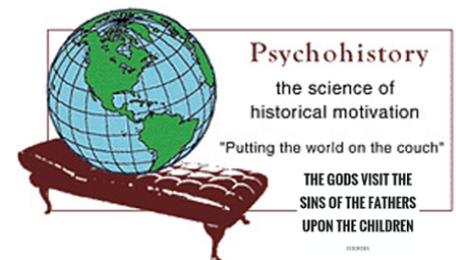
A link to these Free P.E.T. downloads <https://tinyurl.com/yc7rwys7>

### PARENT EFFECTIVENESS TRAINING (P.E.T.)

- 1.PET-Online Intro-1p
  - 2.PET-Main Concepts
  - 3.What Every Parent Should Know-Thomas Gordon
  - 4.The case against disciplining
  - 5.Parental Power-Thomas Gordon
  - 6.12 Communication Roadblocks
  - 7.P.E.T. Glossary.pdf
  - 8.Why Parent Effectiveness Training Works
  - 9.Credo for Relationships-Thomas Gordon.pdf
  - 10.Jack's Parent Effectiveness Training Introduction PPT
  - 11.Links to Jack's PET Materials-2021
  - 12.P.E.T. Online Brochure, March 13
- Audios: Bonnie; PET testimony



Massacre of the Innocents--Leon Cogniet



To enrol or ask any questions, email me

[responsiblyfree@protonmail.com](mailto:responsiblyfree@protonmail.com)

or call me anytime: New Zealand +64 (0)22 409 4035.

Towards a Peaceful Planet brought about by parents who have broken the cycle of “The Gods Visit The Sins Of The Fathers Upon The Children” through Responsibly Free Parenting, never using Power Over but always Power To—Everything Voluntary.

Jack, Certified P.E.T. Instructor (Effectiveness Training Institute of Australia Ltd)

NO ONE RULES  
IF NO ONE OBEYS

V for Voluntary  
You own your life  
You own the fruits of your labor  
You decide

We are the beginning of humanity:  
The group of people who dares  
to say, "We shouldn't initiate  
violence against each other."  
How painfully obvious is that?  
But it needs to be said because  
most people have been taught  
that there's a giant exception  
called government. Future  
generations are gonna be  
really glad that we  
talked about this.  
-Larken Rose

NO

IF YOU CAN'T TRUST PEOPLE WITH FREEDOM HOW CAN YOU TRUST PEOPLE WITH POWER?

Contact: [ResponsiblyFree@protonmail.com](mailto:ResponsiblyFree@protonmail.com)

August Landmesser, the lone German refusing to raise a stiff right arm amid Hitler's presence at a 1936 rally.

WHAT IS A REBEL?  
A MAN WHO SAYS NO, BUT  
WHOSE REFUSAL DOES NOT  
IMPLY A RENUNCIATION. HE  
IS ALSO A MAN WHO SAYS  
YES. FROM THE MOMENT HE  
MAKES HIS FIRST GESTURE  
OF REBELLION.