

**Table 3****Caregiver training in behaviour-modification and validation techniques**

<b>Introduction to Dialectics</b>	Guiding principals of dialectics (i.e., there is not absolute nor relative truth, opposite things can both be true, change is the only constant, and change is transactional), how these principals apply to parenting, and ways to practice dialectics.
<b>Dialectical Dilemmas</b>	Dialectical dilemmas that apply to parenting pre-adolescent children (i.e., permissive vs. restrictive parenting, overprotective vs. neglectful, overindulging vs. depriving, and pathologizing normative behaviors vs. normalizing pathological behaviors.)
<b>Creating a Validating Environment</b>	Nonverbal (e.g., active listening and being mindful of invalidating reactions, such as rolling eyes and turning back) and verbal validation (e.g., observing and reflecting feelings back without judgment, looking for kernel of truth).
<b>Change-Ready Environment</b>	Hierarchy of target behaviors, realistic expectations for change, a need for flexibility and finding a specific approach to each child.
<b>Introduction to</b>	Factors that influence behavior (context, prompts, consequences)