Advanced Parenting Workshop on Lying

FosterParentCollege.com®
Syllabus

Introduction

Expert – Dr. Rick Delaney, psychologist

This workshop explores underlying reasons for children’s lying and how parents can encourage them to change their behavior.

Session 1: Welcome

An overview of the workshop.

Lying: Introduction

A course that addresses behaviors including lying to get out of trouble, lying to boost self-esteem or gain attention, pathological lying, and lying to get others in trouble.

Syllabus for the Lying (2nd Edition) course available separately.

The Case

In an in-depth case study, Mrs. Joanne Summers tells viewers about her 16-year-old foster son, Garvin. She and her husband have been fostering Garvin for about a year and are considering adoption, but have some concerns about Garvin’s behavior.

Mrs. Summers begins her story about Garvin’s lying.

- Mother’s boyfriend physically abused him.
- Mother was passive and depressed.
- Has few friends and interests.
- Doesn’t talk about his feelings.
- Lies about doing his homework and taking his medication.

The Case: Follow-Up

The first part of Mrs. Summers's story concludes.
Discussion: How It Works
Explains how to post to the discussion board.

Exercise Instructions
A discussion exercise is introduced.

Clues
A discussion exercise asks viewers to build a list of the clues to Garvin’s lying from Mrs. Summers’s story.

Conclusion
Notebook is introduced.

End of Session 1
First session concludes.

My Notebook
Viewers are asked to write down their thoughts and ideas after working through the segment.

Session 2: Welcome
Viewers are encouraged to continue to identify clues to Garvin’s lying throughout the rest of the workshop.

Exercise Instructions
An email exercise is introduced.

Understanding Garvin
An email exercise asks viewers to choose the kind of lying that applies to Garvin and explain their choice.

- Lying to get out of trouble
- Lying to boost self-esteem or gain attention
- Pathological lying
- Lying to get others in trouble
Mrs. Summers Talks about Garvin’s Lying

Mrs. Summers continues her story about Garvin’s lying.
  - Doesn’t talk to Mr. Summers.
  - Continues to lie about doing his homework.
  - Continues not to talk about his feelings.
  - Passive, and may be depressed like his mother.
  - Neglected by his mother.

Conclusion

The second part of Mrs. Summers’s story concludes.

End of Session 2

Second session concludes.

My Notebook

Viewers are asked to write down their thoughts and ideas after working through the segment.

Session 3: Welcome & Exercise Instructions

Email exercise from the previous session is discussed.

Dr. Delaney concludes that Garvin primarily lies to get out of trouble.

A discussion exercise is introduced.

Why Garvin Lies

A discussion exercise asks viewers to identify which of the underlying reasons suggested by Dr. Delaney are most relevant to Garvin’s lying.
  - Attention seeking/asking for a need (want) to be met
  - Fear factor (anxiety, fear, phobia)
  - Provide stimulation/pleasure
  - Family issues
  - Physical/medical
End of Session 3

Third session concludes.

My Notebook

Viewers are asked to write down their thoughts and ideas after working through the segment.

Session 4: Welcome & Discussion Review

Email exercise from the previous session is discussed.

Dr. Delaney concludes that the main reason underlying Garvin’s lying is the “fear factor.” Garvin’s lying may help him avoid or escape some undesirable, unpleasant event or task, namely confronting an adult caregiver. His lying may also reduce tension or discomfort that Garvin might feel if he has to confront an adult.

Exercise Instructions

An email exercise is introduced.

Brainstorming

An email exercise asks viewers to suggest ideas to encourage Garvin to tell the truth.

End of Session 4

Fourth session concludes.

Viewers are encouraged to continue brainstorming ideas for Garvin.

My Notebook

Viewers are asked to write down their thoughts and ideas after working through the segment.

Session 5: Welcome

Earlier Mrs. Brandon, Garvin’s social worker, arranged for the Summers family to meet with Dr. J. William Knight to have Garvin evaluated.

Dr. Knight’s Letter

Dr. Knight’s psychological evaluation of Garvin.
Exercise Instructions

An exercise is introduced.

Action Plan

An exercise asks viewers to list actions the Summers can take to achieve the objectives outlined in Dr. Knight’s evaluation of Garvin.

End of Session 5

Fifth session concludes.

My Notebook

Viewers are asked to write down their thoughts and ideas after working through the segment.

Session 6: Welcome & Exercise Instructions

An email exercise is introduced.

Implementing the Action Plan

An email exercise asks viewers to choose three ideas from the previous action plan exercise the Summers should implement first, and list three helpful ideas they will take away from the workshop.

Applying the Knowledge

A final exercise asks viewers to answer questions about their own experience with a child who lies.