



Take 3 Parenting

Influences on *Take 3*

The content of *Take 3* was influenced by the author's long experience of working with all kinds of parents, individually and in groups, and by adapting different parenting materials to suit the task in hand.

The material was originally greatly influenced by the parenting packs published by the Family Caring Trust (www.familycaring.co.uk) and the author is very indebted to them. The excellent FCT materials draw upon Bowen family systems theory, Adlerian psychology and Carl Rogers' person-centred approach, as well as the ideas of other established researchers and writers, including Steve Biddulph, John Bowlby, Dolores Curran, Don Dinkmeyer, Rudolf Dreikurs, Gerard Egan, Eric Ericson, Edwin Friedman, Rex Forehand, Thomas Gordon, John Gottman, Harvey Jackins, Gary McKay, Jean Piaget, Mary Pipher, Virginia Satir, Ron Taffel, Donald Winnicott and Patty Wipfler. Their materials emphasise improving communication skills, understanding adolescent culture, respectful management of conflict, assertiveness, and helping parents take care of themselves, all of which are also key themes in *Take 3*. Other ideas that have been incorporated into the programme include the ideas and practice of Jean Illsley-Clarke, who has worked for many years with parents in the US using Transactional Analysis, and also ideas from Solution Focused Brief Therapy, Cognitive Behavioural Therapy and Griffin's and Tyrrell's Human Givens approach.

The author is also indebted to colleagues at Oxfordshire's Parenting and Development team for their helpful suggestions based on their own practice, as well as to countless other books, courses and workshops on parenting, adolescence, teenagers, group work and different forms of therapy and counselling.