**Outline of Who’s in Charge course**

This is a 9-session educational/therapeutic programme for parents of a child who is acting abusively towards them or beyond their control. Primarily, the programme aims to reduce a parents’ sense of guilt and isolation while making them feel more determined not to accept disrespect or abuse, and be clearer about boundaries.

Topics covered include: causes of abusive or beyond-control behaviour (deconstructing some of the common myths and simplistic explanations); how much influence do parents really have; feelings of entitlement in children; what is abuse; what is “power” within families and why does acting irresponsibly give people power?

The second part is the core of the programme which looks at the use of consequences, adapted to apply to uncooperative young people who may not care about very much.

The third part of the programme covers anger (both the young person’s and the parents’), assertiveness, and self-care.

The final session will be 2 months after sessions 1 – 8.