



The Assessment of Parenting Effectiveness and Relationship Quality (APERQ™)



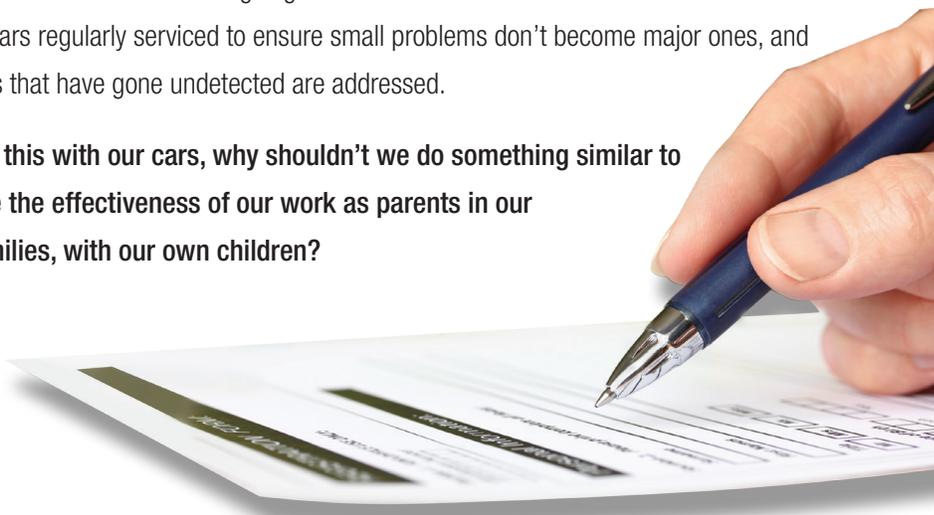
Facilitated by James Tobin, Ph.D.

Licensed Psychologist PSY 22074

Many parents would like to increase their parental effectiveness and the quality of their relationships with their children. Yet the stress of everyday life does not really afford parents the opportunity to evaluate how they are doing in their parental role; given this, most parents tend to move along with a “gut-level” feeling about how things are going in the family, hoping that what is good will continue and what is bad will eventually peter out.

However, the analogy of getting your car serviced is relevant here. We do not merely rely on hope to ensure that whatever is going on under the hood will continue to function well – we get our cars regularly serviced to ensure small problems don’t become major ones, and problems that have gone undetected are addressed.

If we do this with our cars, why shouldn’t we do something similar to evaluate the effectiveness of our work as parents in our own families, with our own children?



Dr. Tobin maintains a private practice in Newport Beach and Laguna Hills, CA in which he specializes in psychoanalytic psychotherapy with adolescents, adults, parents and couples. He is also Assistant Professor of Clinical Psychology at The American School of Professional Psychology/Argosy University where he teaches courses in psychoanalytic theory and technique, psychopathology, couple/family therapy and group therapy. He supervises doctoral candidates at the Argosy University Therapeutic Assessment and Psychotherapy Service (AUTAPS). Dr. Tobin is a former advanced candidate in psychoanalysis at the Psychoanalytic Institute of New England, East (PINE) and former staff psychologist in the Department of Psychiatry at the Massachusetts General Hospital and Clinical Instructor, Harvard Medical School. He received an A.B. magna cum laude in Psychology and Social Relations from Harvard University, and a Ph.D. in Clinical Psychology from The Catholic University of America in Washington, D.C.



James Tobin, Ph.D.

James Tobin, Ph.D. PSY 22074 | 220 Newport Center Drive, Suite 1 | Newport Beach, CA 92660

949-338-4388 | jt@jamestobinphd.com | www.jamestobinphd.com

The Assessment of Parenting Effectiveness and Relationship Quality (APERQ™)

Of course, we don't really have a car mechanic for parents and families! But James Tobin, Ph.D., a clinical psychologist who specializes in family therapy and parent guidance, has devised a protocol to evaluate how well parents are doing with their children, and the strength of the parent-child relationship.

Dr. Tobin extensively reviewed the research literature on parenting, family functioning, parent-child relationships, communication, discipline, limit-setting, etc., and adapted the best of these measures to form APERQ™. APERQ™ is a series of questionnaires that parents and children complete (in the comfort of their own home) about themselves and about each other, which assess a range of pragmatic, emotional, and relational factors in the family context. The questionnaires are then scored and a profile of scores is generated by APERQ™ – Dr. Tobin then organizes these scores into a written summary that is meant to capture what a car servicing report does: areas of strength,



areas where there could be some improvement, and areas of more significant concern. The APERQ™ report ends with a series of recommendations to the parents based on these findings as well as a face-to-face consultation in which Dr. Tobin reviews and explains the findings.

APERQ™ is applicable for all families, not just families in which there have been significant problems or struggles; it is the hope of Dr. Tobin that APERQ™ will function not only as a diagnostic tool to help parents identify the specific nature of what is not going well, but also as a preventative tool so that families that are doing well stay on the right course.

For more information on APERQ™, please contact Dr. Tobin at: 949-338-4388 or at jt@jamestobinphd.com

