



# The Psychology of Parenting in the 21st Century: An Educational Support Group for Parents



Water Garden Business Center  
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Facilitated by James Tobin, Ph.D.

*Licensed Psychologist PSY 22074*

Under-achievement. Self-sabotage. Endless texting. Friendships with Peers Who Act Out. Constant Social Media and Internet Browsing. Under-performing. Disrespect. Substance Abuse. Lack of Drive or Motivation. Mood Changes. Poor Relationships with Siblings or Other Family Members.

If you are a parent of a child who exhibits any of the above behaviors or issues, and you struggle with how to approach these problems and effectively parent, then this group is designed for you. With the endless array of challenges both within the family and externally (i.e., changing economic conditions, heated academic, athletic, extracurricular and social competition, surging peer pressure, and the many negative effects of technological advancement), parents are literally attempting to parent in a “perfect storm.”

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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.



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What's more, scientific evidence suggests that the parent-child relationship is more conflictual than ever before, with many devoted parents reporting a sense of helplessness and frustration in their attempts to "get through" to their kids, support their children's growth and maturity, and feel close to their sons and daughters.

The goals for this group are twofold:

- (1) to provide parents with a non-judgmental, sympathetic and supportive forum for sharing their parenting challenges;
- (2) to offer parents brief didactic presentations on the psychological elements of parenting, family processes, and the dynamics of the parent-child relationship.

It is unfortunate that the work of researchers, theorists and clinicians who have amassed a considerable knowledge base on parenting and family dynamics rarely, if ever, actually reaches parents -- precisely the ones who can benefit from this information! Organizing and translating this knowledge into pragmatic, easy-to-understand principles that parents may then apply to actual parenting dilemmas is the driving force for establishing this group.

This Educational Support Group for Parents meets the first and third Saturday of every month (9:30 to 10:45 AM). Please note that this group is intended to be informational and supportive in nature, and as such does not constitute counseling or psychotherapy. Consultation with a mental health practitioner is recommended to address specific issues that group members may be experiencing.

The group will meet 9:30 to 10:45 AM  
the first and third Saturday of every month.

at the Water Garden Business Center.

The fee for each session is \$25.00

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