

About our coaches...

Who are our coaches?

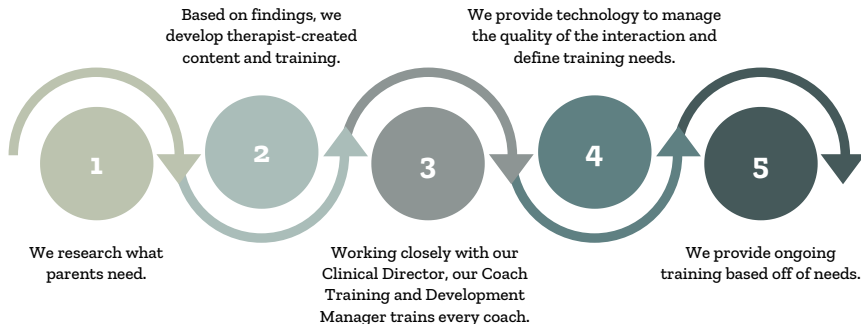
Our coaches are trained and certified professionals from all over the country, with a passion to help parents and children develop a healthy self-concept, deeper connection, and strengthen the mental and emotional health of families overall.

What do they do?

Our coaches help parents learn how to develop consistency with themselves and their child so they can set meaningful boundaries in their relationship. Coaches provide education and support through daily video content and journal prompts, while also giving parents the personalized support they need.

How are they qualified?

Each of our coaches are qualified through our training and certification process, which is rooted in science and evidence, and developed and overseen by therapists including Dr. Kevin Skinner, our Clinical Director. Additionally, we provide ongoing training and development to keep our coaches 'sharp' and ensure they are able to offer clients the best support possible.



"Parent Guidance is an incredible resource for parents looking for support. Effective parenting is hard. Our children don't come with an owners manual. We learn from trial and error. Parent Guidance is designed to help parents along the parenting path.

By using Parent Guidance as a foundation, our coaches have research based support to help parents when difficult parenting issues arise.

At Parent Guidance, we want our coaches to connect with parents. Our first goal is to help parents feel comfortable and supported. Many parents feel parental shame. They feel like they have messed up their children. They also feel like they are failures. Our coaches have been trained to offer meaningful support and guidance. It takes a lot of courage to reach out for help and our coaches at Parent Guidance want parents to know that there is no shame in asking for help."

– Dr. Kevin Skinner, LMFT, CSAT-S, Co-Founder and Clinical Director of ParentGuidance.org, Core Faculty at International Institute for Addiction and Trauma Professionals (IITAP)

