

The Transformation Project

**for Parents with Troubled or Challenging Teen and
Young Adult Sons and Daughters**

Developed by

**Psychologist and Parent, [Kevin Fall, PhD](#)
and son [Austin Fall](#)**

Based on the number one best-selling book,

***[How to Get Your Son Back:
7 Seven Steps to Reconnect and Repair Your Relationship](#)***



Dear Parents:

- **Are you exhausted, frustrated and at times ready to give up on your son or daughter?**
- **Do you find yourself angry and feeling hopeless because all of your painstaking efforts to help your child change have failed?**
- **Do attempts at communicating with your son or daughter result in cold silence, disrespect or door-slamming fights?**

If any of these sound familiar, I can relate. There were times I wanted to throw in the towel with my son Austin and just let him figure it out on his own. I am so glad that I didn't.

There is something about a parent's love for their child that no matter how bad things get, we refuse to give up. I call us *Invested Parents*, those of us who are willing to move heaven and earth to help a child who (regardless how they may present themselves) is hurting, afraid, and in desperate need of guidance and direction.

Based on our work together, we have developed a seven-step process that has helped many other parents and young adults achieve similar results. We call it *The Transformation Project*. From one parent to another, I am here to tell you that **there is hope for your child**.

The Transformation Project is explained in detail in this document. After reading it, **I invite you to schedule to a free, 30-minute consultation so I may answer any questions** and help determine whether this program is right for you.

Click [here](#) to schedule your FREE 30-minute consultation.

I look forward to speaking with you soon.

[Kevin Fall, Ph.D.](#)

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Introduction

If you are reading this, you're probably having problems with your son or daughter, and it's likely your child's issues fall somewhere on the following spectrum:

- They are not applying themselves in school
- Minimal to no communication with you
- Self-absorbed; does not think about how he or she affects others
- Overly invested in social media or gaming
- Withdrawn, isolated, appears depressed and/or anxious
- Low self-confidence
- Disrespectful and/or persistently angry
- Engages in risk-taking behaviors
- Steals from family members and friends
- Substance or alcohol use
- Violent behavior or bullying
- Legal encounters/charges/convictions
- Suicidal ideation (e.g. talk or attempts)

Before I became a psychologist, I was a desperate father watching my own son's life spiral out of control. The deepest pain I have ever experienced as a parent was watching him follow a course of certain self-destruction. I could see the problems he was creating even before he collided head-on with them. I was constantly worried and anxious, trying *everything* I could think of to convince him to alter his behavior. But nothing seemed to help, including therapy.

Does any of this sound familiar?

The further down this dark path he traveled, the deeper the hole he was digging for himself. The son I so deeply loved and believed in had gotten himself into such a mess, he could not get out of it. By the age of twenty, [Austin](#)...

- had accumulated over \$15,000 in court fines,
- had multiple felonies (destruction of property) on his record,
- was a high school dropout,
- abused alcohol,
- was unemployed,
- was chronically depressed,
- had created numerous enemies in his hometown, and
- had exhausted his local family and resources.

Out of options, my son began planning his suicide.

**The poor decisions of a troubled child
can cost *tens of thousands of dollars*
—and much, much more.**

- ✓ **Do you suspect your teen is driving after he or she drinks?** The estimated legal costs of a DUI or DWI arrest and conviction range from \$13,000 to \$27,000. This cost does not include increased auto insurance premiums potentially amounting to thousands of dollars over the subsequent years.
- ✓ **Is your son or daughter making poor grades or experiencing behavioral problems in school?** High school dropouts earn \$200,000 less over the life of their career than peers who graduate.
- ✓ **Do you suspect your child is using or perhaps addicted to illegal drugs?** The Center for Disease Control reports that more than 42,000 individuals died of overdose in 2016. The average cost of rehabilitation is estimated between \$6,000 to \$20,000 for a thirty-day inpatient rehabilitation and \$12,000 to \$60,000 for a ninety-day inpatient program. Keep in mind, there is no guarantee that treatment will be successful.
- ✓ **Has your son or daughter attempted or talked about suicide?** Each day, nearly 3,500 teens attempt suicide. Worse yet, in 2015, about 4,600 youth ages fifteen to twenty-four lost their lives to suicide—a cost that can in no way be measured in the devastated heart of a parent.
- ✓ **Do you have difficulty communicating with your son or daughter? Are attempts at necessary conversations spontaneously combusting into shouting matches and slamming doors?** The ability to talk about difficult subjects is a skill all young adults need to acquire. If your son or daughter cannot engage in difficult conversations with you, how will they be successful in personal or professional relationships? Did you know that the average cost of a contested divorce in the United States is between \$15,000 and \$20,000? And this figure does not include the emotional costs to your child or grandchildren.
- ✓ **Does your teen’s low level of confidence prevent him or her from taking healthy risks and challenges that could lead to a better life?** A college graduate will make over \$800,000 more in lifetime earnings than an individual with only a high school diploma. Perhaps a trade-school education fits your child better. Many who master a trade do extremely well financially and are highly satisfied in their career. In order for a them to attempt trade school or college however, they must have confidence to take risks and know they will ultimately succeed, even if they experience temporary failures and setbacks along the way.

***INVESTED PARENTS* understand that if their son or daughter is having one of these problems today, it will likely to follow them into the future, creating even more costly problems.**

The *earlier* parents get the help they need, the *quicker* their sons and daughters will recover and improve the chance they will *avoid* these expensive catastrophes. But what if your child is unwilling to talk or work with you?

Where can a parent go for help?

When my son began experiencing problems in school, I looked everywhere for help, but nothing I tried changed his destructive trajectory. I talked to other parents and relatives, read self-help books, and reached out to so-called “experts” in the field, including psychologists. Each gave recommendations and expressed opinions such as “Get him in to see a therapist,” but no one, including multiple therapists, was able to guide me through a process that would help me get my son back.

There are currently NO comprehensive solutions that provide parents with tailored action plan and ongoing support they need to help them connect with, heal, and transform their troubled sons and daughters.

Until now.

***The Transformation Project* is the most comprehensive solution ever designed specifically to help parents of troubled or struggling young men and women.**

Whether you are just starting to see problems on the horizon or you are in the middle of a crisis, completely exhausted and having tried everything you know, and you are nearly ready to give up, we are here to help you regain peace in your life, restore a healthy relationship with your teen or young adult child, and inspire them to overcome their current obstacles and reach their highest potential.

DO NOT give up on your son or daughter. They need you more than ever.

I am here to tell you, both personally as a parent and professionally as a psychologist, there is hope for your child.

No one is irredeemable. Our kids are not disposable. Regardless of the trouble they may have gotten themselves into, it is never too late for them to turn their life around. I’ll show you how to take them from hopelessness to hope and a life filled with happiness and exciting possibilities.

What we can help you achieve?

Experience IMMEDIATE and lasting benefits.

- ✓ **Are you feeling hopeless, having tried everything you know?** At the end of the first consultation, parents often tell me they have gained a sense of “peace.” There is a quiet confidence that comes in talking to a true expert, gaining a new perspective, and believing in a new, viable plan to address the fears and frustrations you are facing.
- ✓ **Are you feeling anxious or overwhelmed?** It’s called Solomon’s Paradox: when we are too close to a problem, we cannot see the solution. You can no longer see the playing field objectively, and before you know it, you react emotionally, making the situation worse. Together we will take a theoretical step back, objectively assess the situation, develop a strategy, and productively respond with purposeful intention.
- ✓ **Are you tired of facing this problem alone?** I will not only provide you with professional expertise, I will become personally invested in your success. You can have regular access to my counsel and services, and I will help you revise your plan, make recommendations, troubleshoot, and role-play if necessary. I am also here to encourage and provide comfort and hope in this most challenging work. Remember, I have been in your shoes with my son!
- ✓ **Are you wanting more than just another opinion?** Enlist a professional whose expertise is helping parents reconnect and influence their challenging sons and daughters. I will compassionately offer you feedback based on my observations. INVESTED PARENTS know that honest and insightful feedback is the best way to improve in all areas of life, especially parenting.
- ✓ **Do you sometimes question whether you are too easy or too hard on your teen?** This is a tough one. What if I show you a way of relating to him or her that makes this concern relatively obsolete? I will help you clearly define your role as the single most important change agent in your child’s life (besides him or herself). I will help you reconnect and relate with your child in a way that fosters trust, credibility, and respect.
- ✓ **Do you feel powerless as a parent?** You will learn how you actually possess the single most powerful force in your child’s world—the attachment relationship—and I will show you how to use that advantage to reconnect with and influence your son or daughter. You will discover how to best position yourself so that your child engages you in two-way conversations and even comes to you for advice.
- ✓ **Do you have difficulty setting and enforcing boundaries with your son or daughter?** You will discover how to set and enforce boundaries in a way that makes your teen feel supported, trusted, empowered and accountable.
- ✓ **Are you concerned your son or daughter may need psychological or psychiatric help?** As a trained and licensed psychologist and experienced parent, I will *advise* you on

concerns related to mental health. It is not uncommon for our children to need a little extra help at times. But who, how, and when can be perplexing, especially if your son or daughter is not yet open to receiving help. But if you become part of The Transformation Project, I will work closely with you and help you prepare your teen to receive the help he or she needs. *(Please note: I will be your consultant and will work in a consulting capacity only. I will not be conducting therapy or formal assessments as part of your project.)*

- ✓ **Would you like a few tools to help improve the relationship with your son or daughter?** Therapists won't tell you this, but a number of the most effective tools used by therapists to build therapeutic and healing relationships can also be safely used by parents. I will show you how and when to use these tools to rebuild and deepen your relationship with your child. You will also learn how to avoid verbiage and/or actions that can trigger anger, withdrawal, or avoidance behaviors in your teen.

And much, much more!

The Transformation Project is completely unique, designed for parents who want the very best for their sons and daughters—not just helping them get back on the right track, but in the future as well. I will not only help you change your teen's behavior and thought process, I will also help you lead them to a more successful and prosperous future.

Is The Transformation Project Right for you?

The Transformation Project is NOT for everyone.

It is only for parents who are willing to *invest* and work *hard* for their son's and daughter's future.

Below are five statements. As you read them, please carefully determine whether you generally agree or disagree with each statement. There are no right or wrong answers, so don't overthink.

1. I understand that my son's and daughter's current behavior and/or thought process could have significant emotional and/or financial costs to both them and me.
2. I have done my best as a parent but realize that I, like all parents, have made mistakes. I am willing to admit those mistakes and make changes to parent more effectively.
3. I am willing to examine my own weaknesses and lead by example, working to improve myself.
4. I understand I do not have to surrender my principles in order to change and more effectively parent my son and daughter.
5. I am interested in helping my son or daughter with a deep foundational change that will positively impact the quality of their entire life and the generations that follow.

If you generally agree to most or all of the above statements, I invite you to continue reading, as I believe I have something of great value to offer you.

How does *The Transformation Project* work?

No matter how hard you may try, you cannot not *make* your child change. You may be able enforce your will and experience what may seem like short-term victory, but it will come at a high cost to the relationship and will most likely have negative long-term consequences.

The Transformation Project focuses on the quality and effectiveness of the parent-child relationship. The premise being, the attachment relationship between parent and child is the most powerful relational force for re-developing mutual trust and respect, thus enabling the parent to exercise loving and positive influence over their child.

The psychological mechanisms that make my model effective are derived from the components of some of the most time-tested and scientifically validated psychological theories and treatments. As such, *The Transformation Project* is, to a great degree, informed by scientifically validated treatments such as interpersonal psychotherapy, person-centered therapy, and cognitive behavioral therapy. You will discover how to effectively work with your son or daughter using the proven techniques, strategies, and interventions employed by psychologists.

The seven steps are summarized below along with the associated goals.

Initial Meeting: During our initial meeting, we will examine your situation in detail, identifying current concerns pertaining to your son or daughter including the relational, behavioral, emotional cognitive, social and educational domains. We will also explore your current level of energy, personal challenges you face, parenting philosophy, family dynamics, and history. We will also have an honest conversation about whether this program is right for you. Due to the exploratory nature of this call, it will likely last closer to 90-minutes as the content from this meeting will form the foundation of your plan.

Step One: Stop fighting with your son or daughter and discover the real enemy as you prepare to battle alongside them – not against them.

- ✓ Step back from the highly emotionally charged situation.
- ✓ Discover the real enemy driving your son's or daughter's behavior.
- ✓ View your son or daughter from a new perspective as you more clearly see the challenges they continually face.
- ✓ Gain compassion and empathy for your child, while maintaining your principles knowing that their behavior does need to change.
- ✓ Let your new-found empathy and compassion shift the dynamics of your relationship in a positive way -- without saying a word.

Step Two: Reset the relationship to one of healthy communication and cooperation.

- ✓ Use the most powerful human emotional force – the attachment relationship -- to reconnect with your son or daughter.
- ✓ Create a rich and authentic connection with your child, putting hostility, defensiveness and resentment behind.

- ✓ Restore and deepen conversation that is authentic and open.
- ✓ Rebuild mutual trust.
- ✓ Relate to your son or daughter in a way that elicits their respect.
- ✓ Regain influence in his or her life.

Step Three: Address your child's behavior by setting and enforcing boundaries.

- ✓ Continue to strengthen your connection and deepen the conversations with your son or daughter.
- ✓ Discuss your teen's behavior in an objective, non-emotional way that conveys love and hope and defuses defensiveness.
- ✓ Set boundaries with your son or daughter in a way that empowers them.
- ✓ Establish behavioral expectations of accountability.
- ✓ Support your child as they endure the consequences of their behavior and learn and grow from their mistakes.

Step Four: Lead your son or daughter by example.

- ✓ Discover the greatest gift you can give your child and how it will benefit them now and throughout their life.
- ✓ Model how to ask for and accept help from others.
- ✓ Demonstrate appropriate self-disclosure regarding your fears and weaknesses you are working to overcome.
- ✓ Share your personal dreams, set goals, and work towards those goals.
- ✓ Live out your values, discuss them openly, receiving feedback from your young adult child.

Step Five: Encourage and support your son or daughter to overcome personal barriers they may be experiencing.

- ✓ Understand your child's readiness for change and how to approach them about making those needed changes.
- ✓ Use the strength of your relationship and communication to explore mental health challenges your son or daughter may be experiencing.
- ✓ Express the hope and faith you have in your son or daughter to overcome (or productively live with or around) those challenges and how their life can look differently without those limitations.
- ✓ Provide a way (professional help) and means to help your child overcome his or her barriers.
- ✓ Work with your child's professional (e.g. psychologist or psychiatrist) to identify and manage diagnosis, goals and therapeutic progress while allowing your child the freedom, confidentiality and autonomy to work with their professional.
- ✓ Provide a healing environment at home that supports the work and gains your child is achieving.

Step Six: Maximize your teen's growth and continued healing.

- ✓ Help your teen maintain the therapeutic gains they have made.
- ✓ Support major life changes they may need to make to continue on their path of growth and self-betterment (e.g. developing a new set of friends).
- ✓ Join with your teen as you both adopt a mindset of continual recovery and personal growth.
- ✓ Encourage and support your son and daughter as they begin to dream and imagine their future.

Step Seven: Assist them as they create their best life.

- ✓ Assist them as they find value in the life they have lived to this point.
- ✓ Help them find value in their past experiences and how those experiences and lessons learned can shape their values and goals.
- ✓ Support them as they develop a vision and purpose for their life.
- ✓ Engage them to set goals and take steps toward achieving their vision and living out their purpose.
- ✓ Enjoy the new relationship and life you have created with your son or daughter.

What our clients say about *The Transformation Project*

Instead of parenting from a position where I'm constantly worried about my son and anxious about the choices he is making, I'm feeling a confidence and peace I've never felt before as I apply principles that are the perfect blend of accountability and support. If you're struggling to connect with your son or daughter and are experiencing the associated heartbreak, Kevin and Austin's approach to parenting is a balm to the soul. It is hope for the hopeless. After years of not being able to reach my son, we are finally starting to connect in a loving, meaningful way.

Utah Mom

It was time that my son moved out of the house, but I was afraid that by making him leave, I would be damaging our relationship. I was afraid that he would think that I was abandoning him. Dr. Fall showed me how get my son to move out and not only maintain the relationship, but drastically improve it. We are now in a situation where both of us are much happier.

Florida Dad

*Once I purchased and read *How to Get Your Son Back*, I started actively implementing some of tips and strategies from this book. There are so many helpful advice and strategies in their book and I believe it in so much that I bought more than 10 copies as gifts for friends, juvenile attorneys, school's principals, social workers and guidance counselors. Most important, this book has been so helpful that I reached out the Dr. Fall and invested in becoming a private client. Since having invested in Dr. Kevin Fall*

and Austin Fall's The Transformation Project's Platinum Package I have already experienced and have real life changes within myself and for my children's future.

Massachusetts Mom

It had gotten to the point where I could not stand being around my sons anymore. They were disrespectful, would not do what I asked them to, and were entitled, expecting me to give them everything they wanted. After my first discussion with Dr. Fall, I felt peace. We developed a strategy from which I could approach my sons, something I would not have considered. While my sons are a work in progress, our relationship has shifted dramatically and I no longer dread being around them.

Kansas Mom

Who you will be working with?



My name is [Dr. Kevin Fall](#). I am a psychologist and consultant to parents with challenging teen and young adult children. I wasn't always a psychologist. At one time I was a successful information-technology consultant—but I was failing as a parent. That was until I began my own introspective healing journey. At age thirty-six, I had a personal awakening and discovered the destructive influence shame played in all aspects of my life, especially in my personal life and in my relationships with those closest to me. After years of reconstructing the way I looked at myself and related to others, I discovered the freedom that comes with a healthy self-image and relational trust.

It was at this point in my life I believe I received a calling to become a psychologist. I wanted to help others discover that same freedom. As I embarked on my new journey, it became apparent that my son Austin was struggling with the same types of self-image and relational problems I had just worked to overcome. Thankfully, he came to live with me as I was pursuing my doctorate in psychology, and we were able to work together to transform his life as well.

Once accepted into *The Transformation Project*, you will work directly with me. My expertise is in human connection and in breaking down the barriers that prevent humans from developing the deep interpersonal connections we all crave. Not only have I conducted my own research in this area, I have also immersed myself in the scientific literature for the last ten-plus years (and continue to do so). I have worked with parents who range from C-level executives, engineers, and entrepreneurs to electricians, plumbers, the unemployed, and the homeless. I have also work with adolescents and young adults. My young-adult clients have ranged from extremely bright and capable high school students, college students, and postgraduates to individuals with severe mental illness, intellectual disabilities, and histories of emotional dysregulation, violence, and crime.

The desire to help parents with their troubled sons and daughters stems from my years as a frustrated but determined father of my own troubled son. That desire was intensified during my graduate studies as I learned about the factors that prevent men and women from forming relationships and achieving meaningful growth in their lives. As I worked with troubled young men and women, I became concerned with the young of today who are written off as disposable, irredeemable, and incapable of ever becoming contributing members of society. My personal mission is to empower parents to rescue even the most challenging young men and women.

How much does *The Transformation Project* cost?

The Transformation Project was designed to fit your individual needs, so we offer **four different time-frame options** from which to choose. I will work with you personally as you progress through the stages using my 7-step methodology. Most parent-son/daughter dynamics do not form overnight. Instead, they almost always develop over a period of years, so habits, perceptions and patterns are not quickly reversed. **Lasting and meaningful change takes time.**

For Austin and me, it took years--for a number of reasons. But I have streamlined the process so that you can not only make substantial change during the timeframe we work to together, but you will be able to carry the tools and changes forward as you continue to repair your relationship, trust and level of influence.

Please note: there are many “parent-coaching” available, some of which even include a “certification.” But, **Buyer Beware:** there is NO barrier to entry or qualification requirements for coaching or consulting. *Anyone* can call themselves a “coach” or “consultant.” Please make sure you verify a coach’s or consultant’s credentials and qualifications before committing, so you will know what you are (or, more likely, are not) getting. **Your son or daughter is much too important to take a chance on someone who is not professionally qualified.**

Plans	Price	Payment Options
3-Month Plan (2, 60-minute consultations each month)	\$ 1,287	\$ 697 down & 2 monthly payments of \$ 327
6-Month Plan (2, 60-minute consultations each month)	\$ 2,457	\$ 797 down & 5 monthly payments of \$ 347
12-Month Plan (2, 60-minute consultations each month)	\$ 4,597	\$ 997 down & 11 monthly payments of \$ 337
Single 60-minute consultations	\$ 227	No payment plans available

To discuss which of *The Transformation Project* options best fits your needs, [schedule a free 30-minute consultation today.](#)

Consulting Services by The Hour

For the DIY (do it yourself) parent, consulting by the hour may be your best choice. This is a good option if you are reading *How to Get Your Son Back* and find our story closely parallels yours. As you are working the steps and the Parenting Playbook in our book, an occasional consultation can save you many hours of time and thousands of dollars as some of the steps can be nuanced and the handling (or mishandling) of mental health concerns can make or a break the transformation of your son or daughter. Don't risk going it *completely* on your own.

[Register for your individual consulting session here.](#)

Refund Policy

Think about it. Where else can you make an investment using proven strategies, techniques, and systems to create a new life for your son or daughter, and the generations to follow?

But, if you decide at any time that *The Transformation Project* is not right for you, you may cancel at any time and receive a refund for the amount of the unused services.

Still wavering? Consider this: If your investment in the 12-month option prevents your child from going through a divorce (or other major catastrophe), you will have made at least a 200% return on your investment given that the average cost of a contested divorce is \$15,000 to \$20,000—and that doesn't include all the other benefits your child will reap over the years to

come by having healthy relationships, living out their purpose, and performing at his or her potential.

Answers to Frequently Asked Questions

May my spouse or significant other attend my consultation sessions, classes, and other consults?

Yes. They are welcome to attend our phone consultations, attend classes, and receive email distributions, but please keep in mind that couples often have different parenting philosophies. Reconciling those differences is not part of my consulting scope. I will present my parenting philosophy, which may or may not align with yours or your spouse's. If you want to understand my parenting philosophy more fully, please read [How to Get Your Son Back: 7 Steps to Reconnect and Repair Your Relationship](#).

I need some help with my child, and I like your parenting philosophy, but I am not ready to make the investment at this time. Are there any options similar to *The Transformation Project*?

Unfortunately, there are no other options on the market that even come close to *The Transformation Project*. If what we've said resonates with you, I recommend you get a copy of *How to Get Your Son Back*. In it, Austin and I lay out the approach I took with him, and we provide a Parenting Playbook at the end of each chapter, as well as a stand-alone appendix. I recommend you study the Playbook and apply it to your situation.

I also recommend you subscribe to our blog at <https://lifedoctor.com/blog/> and follow us on Facebook at <https://www.facebook.com/RealLifeDoctors/>, as we are continually publishing new content that supplements, aligns, and expands on our parenting approach and on other parenting concepts.

I have a lot going on right now, and I'm concerned that this project will require too much time and that I won't be able to take full advantage of it or accomplish my goals.

Those are valid concerns. Only you know your limits and can set your priorities.

But consider this. I was working two part-time jobs and enrolled full-time in a doctoral-level program at a Big Ten research institution. At the same time, I was feeling my way through parenting Austin to a better life. I conservatively estimate my weekly schedule (considering everything) during this time averaged eighty to ninety-plus hours a week. On top of that, my wife went through breast cancer surgery and I had to place my parents in a nursing home.

One of the best things about *The Transformation Project* is that I will be consulting and training you, so you can spend your time on the emotional and introspective work and on executing your action plan (interacting with your child). You should be able to become an expert parent and enjoy great success with an investment of only about two-four hours a week, or less.

Will Dr. Fall be working as our psychologist?

No. I will not be acting in the capacity of a licensed psychologist whose services are defined as conducting therapy or performing assessments on which one may base a formal diagnosis.

While I am a licensed psychologist in two states, I will be working as your parenting consultant. This means I can do most any kind of consulting, but I will not be performing therapy or assessment, both of which are based on scientifically validated processes and techniques of which I cannot perform unless you reside in Missouri or Kansas.

I'm not sure this program is right for me. I'd like to talk to you before enrolling.

[Schedule a free 30-minute consultation](#) with me to discuss your hopes, questions, and concerns.

Some aspects of the program are things I have already read about or tried, while others are more of what I'm interested in. What should I do?

Everyone is in the same boat. It's one of the reasons the program is so powerful. We work with invested parents who have a vision for the relationship they want and the life they desire for their sons or daughters. They realize that raising children in today's world requires expertise they don't have time to obtain on their own.

Is *The Transformation Project* a scientifically validated treatment?

Okay. Hang on. This is going to get a little technical.

No. Empirically Validated Treatments (EVTs) are designated as such via carefully designed and conducted experiments that determine the effect size (a statistical measure of change related to a symptom or diagnosis) of the treatment compared to the effect size of another treatment (or no treatment at all). For instance, cognitive behavioral therapy is an EVT for depression and has been shown to have an effect size greater than a group of subjects who receive no treatment at all.

An EVT is used to treat diagnoses and has been demonstrated to be efficacious (helpful) through experimental research. So, when Austin was ready to receive treatment for his diagnosed PTSD, we sought a psychologist who had training and experience using exposure therapy (an EVT for PTSD). But PTSD was only one of Austin's problems.

As his father, my goal was much larger than fixing his PTSD. I wanted to see Austin reach his full potential and to be truly happy. Doesn't every parent wish the same for their child? My goals were much broader than the capabilities of a single EVT (and beyond the abilities and skills of most psychologists, for that matter). But these kinds of goals are exactly what *The Transformation Project* is designed to achieve.

Bottom line, *The Transformation Project* is a process that cannot be tested as an EVT. However, the processes used in *The Transformation Project* are heavily informed (they use the same theories and many of the same techniques) by several time-tested treatments (which are EVTs for some diagnoses).

I don't have the funds right now. Can you offer any discounts, scholarships, or assistance?

I appreciate you asking, but unfortunately, that's not something I'm offering for this particular program. I would, however, invite you to discover some of the principles and strategies in our book [How to Get Your Son Back: 7 Steps to Reconnect and Repair Your Relationship](#). I would also invite you to subscribe to our blog for the weekly tools, tips, and insights we offer in the world of parenting young adult sons and daughters. Sign up for our newsletter, *The Invested Parent*, here: <https://lifedoctor.com/blog/>. I also recommend you follow us on Facebook at: <https://www.facebook.com/RealLifeDoctors/>.

Click [here](#) to schedule your FREE 30-minute consultation.