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GRADUATE SCHOOL  
OF THEOLOGY

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**Screamfree Parenting Seminar Comes to Austin on Oct. 26  
Noted Author Hal Runkel Returns with Revolutionary Approach**

AUSTIN – Have you ever filled in these blanks? “Don’t make me \_\_\_\_\_, young man!” “If you do that one more time, I’m going to \_\_\_\_\_!” “If I’ve told you once, I’ve told you \_\_\_\_\_!”

Probably everyone has suggestions on how to fill in those blanks, because everyone has been either a child or a parent. Hal Runkel knows those phrases, too, but his parenting style uses different words and a revolutionary approach. He’s coming to Austin to teach what he calls “scream-free parenting” in a one-time seminar.

Runkel, a 1994 graduate of Austin Graduate School of Theology, will present the seminar from 7 p.m. to 8:30 p.m. Oct. 26 at Brentwood Oaks Church of Christ, at 11908 North Lamar, Austin, Texas 78753. Cost is \$10 per adult before Oct. 15 and \$15 per adult after Oct. 15. Child care is provided. Register at [www.austingrad.edu](http://www.austingrad.edu) or call 512-476-2772. The seminar is sponsored by Austin Graduate School of Theology, Brentwood Christian School, and area Churches of Christ. Runkel also is scheduled to appear at the Texas Book Festival Nov. 3.

Author of the best-selling book “ScreamFree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool,” Runkel’s bases his approach on his belief that parents should focus on themselves first. It’s a Biblical

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strategy that is no different from a flight attendant telling adults to put on their own oxygen mask before helping children during an emergency.

“Parenting is about parents,” Runkel says. “It is not about kids, or it would be called kidding.”

Instead, he says, “the best thing I can do for my family is to focus on me, improving me by quitting smoking, being more patient or compassionate, losing weight or developing kindness. The litmus test is to ask, ‘Is it benefiting those around me?’ And to focus on my relationship with God is to focus on me. Either I live for God or I live for me.”

Runkel has appeared on numerous television and radio shows across the United States since developing his scream-free approach. Many of his current principles were influenced by his time at Austin Graduate School of Theology, where he says he “learned to think.”

Runkel was working on his undergraduate degree in communications at the University of Texas when he was baptized. He worked as an intern for Longhorns for Christ, preached at Taylor Church of Christ and transferred to Austin Grad to earn a bachelor of arts in ministry. He later earned a graduate degree in Bible at Abilene Christian University and eventually a degree in marriage and family therapy.

Today, Runkel and his Atlanta team offer ScreamFree Parenting CDs, DVD and seminars, helping others understand the benefits of simply calming down.

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