

TREATING THE UNMANAGEABLE ADOLESCENT

A Guide to
Oppositional Defiant
and Conduct Disorders



NEIL BERNSTEIN

Treating The Unmanageable Adolescent A Guide To Oppositional Defiant And Conduct Disorders

Michele Borba



Treating The Unmanageable Adolescent A Guide To Oppositional Defiant And Conduct Disorders:

Treating the Unmanageable Adolescent Neil I. Bernstein, 2000-11-01 The problem of the out of control teenager demands immediate and effective attention from clinicians As American town after town enacts curfew laws for minors and more and more teachers send youths for treatment therapists are faced with an epidemic for which they often feel ill prepared In this book of nuts and bolts treatment approaches mental health professionals are shown how to successfully help defiant and conduct disordered young people who present with an array of symptoms including chronic truancy drug abuse dangerous sexual activity and poor peer relationships Drawing on individual cognitive behavioral group and family approaches the book emphasizes the process of diffusing the resistance to change and facilitating treatment compliance The focus is on understanding as well as altering the rage sense of entitlement lack of self control and disregard for the rights of others In particular the book covers how to engage and motivate these youths teach patients anger management skills conduct group exercises and role play prosocial behavior work with empathy induced guilt to promote change manage anticipated disruptions use therapist self disclosure to enhance the therapeutic process foster resilience in the at risk population To date no single approach has consistently interrupted the pattern of escalating conflicts and the violations of social norms occurring in this difficult to treat population Each of the prevailing schools of thought makes a contribution to the remediation process but falls short of integrating the diverse interventions available By presenting a variety of interventions targeting the central deficiencies and systemic dysfunction in the lives of these youths this book provides clinicians with what they need to make a difference in the lives of troubled young people and those around them A Jason Aronson Book

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contribution to the remediation process but falls short of integrating the diverse interventions available. By presenting a variety of interventions targeting the central deficiencies and systemic dysfunction in the lives of these youths, this book provides clinicians with what they need to make a difference in the lives of troubled young people and those around them. **A Jason Aronson Book** The School Counselor's Mental Health Sourcebook Rick Auger, 2015-01-27 The American School Counselor Association ASCA National Model urges school counselors to know every student and broaden their knowledge of mental health disorders. With more students in need of mental health services than ever before, the timing is ideal for a guide that equips staff to meet these challenges. The School Counselor's Mental Health Sourcebook provides tools for keeping students on track, including methods for addressing many disorders, including anxiety, autism, and other disruptive behavior disorders. Intervention strategies that work. Effective ways to collaborate with families from various cultures. The impact of culture and race on a child's mental health. Communicating with teachers and families about students' needs. Rick Auger describes the disorders and strategies with a balance of simplicity and clinical depth. This time-saving resource gives busy school counselors strategies for helping students succeed in school and in life. **Mental Health and Mental Disorders** Len Sperry, 2015-12-14 Serving as an indispensable resource for students and general interest readers alike, this three-volume work provides a comprehensive view of mental health that covers both mental well-being and mental illness. A three-volume ready reference encyclopedia, this up-to-date work supplies a holistic introduction to the fields of mental health and mental disorders that is written specifically for high school students and college students. Covering the full continuum of mental health, the set describes typical functioning, including biology and neurology of the brain, emotions, and the traits and characteristics of mental well-being. It also addresses mental disorders and conditions from obsessive compulsive disorder, OCD, and post-traumatic stress disorder, PTSD, to phobias and schizophrenia. **Mental Health and Mental Disorders: An Encyclopedia of Conditions, Treatments, and Well-Being** highlights important concepts and phenomena, key individuals, treatment techniques, organizations, and diagnostic tools to give readers a complete view of this broad field of study. It also investigates all sides of wellness, exploring what it means to be normal and consistently identifying the links between lifestyle and mental health. The encyclopedia is consistent with the goals of AP psychology curricula and addresses the various disorders classified in the new edition of the APA Diagnostic and Statistical Manual, DSM-V. Youth Aggression and Violence Thomas G. Moeller, 2001-06-01 The rash of school shootings in the late 1990s has generated a tremendous amount of public concern about youth aggression and violence. But students, trainees, and professionals who work with children and adolescents have had no concise or systematic survey of our current knowledge about causes and effective approaches to intervention and prevention on which to draw. **Youth Aggression and Violence** has filled the void. Comprehensive and readable, it utilizes theory and research from the developmental psychology of normal children and adolescents as well as material on abnormal forms of development, such as disruptive behavior disorders and juvenile delinquency, to situate youthful aggression

and violence within the overall framework of children's moral development integrates quantitative research with carefully considered qualitative research and case studies discusses the genetic and biological underpinnings of youthful aggression as well as family and social factors related to antisocial behavior emphasizes cognitive motivational and emotional processes involved in youth aggression and violence provides in depth coverage of juvenile killers and school violence examines female aggression and violence in a variety of contexts and critically examines a number of questions frequently discussed in conjunction with youth violence such as media violence firearm accessibility and the relationship between self esteem and aggression

Parenting Better Children Jennifer Wilke-Deaton, MA, LPA, 2014-10-01 Parenting Better Children is an all in one package to manage behavior before it becomes clinically significant Author Jennifer Wilke Deaton has gone back to the basics and provides a fresh start to develop a new set of building blocks detailing an 8 week course that includes straightforward teaching methods outlines and handouts for skills training and troubleshooting solutions New tools for positive behavioral management and emotional regulation Recognizing escalation and what to do about it Reversing the negative impact of video games and aggressive media Creating healthy communication Establishing routines Strategies keying on CBT and DBT Effective attachment relationship building between children parents school staff Support planning for children and families that lasts long after group time has ended Easy to read and highly practical an invaluable resource for parents clinicians school staff and other professionals working with challenging behaviors Reviews I love her simple concrete examples that make even the most complex parent child interactions accessible and doable Brian R King LCSW author of the Perfect Moments in Relationships Lessons in Connection for Work Family Love and Life Weaving together her practical clinical experience and current research Jennifer provides cleanly organized parenting strategies for both parents and clinicians L C Jones Attorney Juvenile Specialist Her step by step Parenting Course takes the reader through a well organized easy to apply program A fantastic resource Susan P Epstein LCSW Author of 55 Creative Approaches for Challenging Resistant Children Adolescents Jennifer has hit a home run with this practical blueprint for improving parental success She has standardized the basics and still managed to leave room for flexibility so families can adapt lessons to meet needs Hasan Davis J D Former commissioner of Kentucky Department of Juvenile Justice and Child and Family Advocate

Residential Treatment of Adolescents Don Pazaratz, 2011-03-17 In Residential Treatment of Adolescents Pazaratz discusses how practitioners can remain emotionally available for the needs of their residents without feeling overwhelmed Readers will be apprised of ways to deal judiciously with residents who try to circumvent con play workers off each other and even attempt to seduce or manipulate the worker Each chapter instructs readers to observe their clients and comprehend how they relate to the total environment in order to determine what the resident is feeling and how he or she makes use of personal resources This contextual understanding helps to answer questions such as What are the youngster's goals What factors obstruct the change process What are the youngster's defenses and against what How does the youngster use the

milieu staff and peers and the community as resources How can the youngster get significant others to react differently to him or her Ultimately Pazaratz demonstrates that effective treatment staff do not create dependent youth make treatment oppressive or enact a role based upon giving consequences Instead the reader will learn to integrate diverse intervention strategies into the resident's normal cycle of daily life and how to interact within a team structure *Don't Give Me That Attitude!* Michele Borba, 2004-03-29 Does your kid never take no for an answer and demand things go his way Do her theatrics leave you drained at the end of the day Are you resorting to bribes and threats to get your kid to do chores Does he cheat complain or blame others for his problems Do you feel you're running a hotel instead of a home Are you starting to feel like your child's personal ATM machine What happened You thought you were doing the best for your child and didn't set out to raise a selfish insensitive spoiled kid In her newest book *Don't Give Me That Attitude* parenting expert Michele Borba offers you an effective practical and hands on approach to help you work with your child to fix that very annoying but widespread youthful characteristic attitude If you have a child who is arrogant bad mannered bad tempered a cheat cruel demanding domineering fresh greedy impatient insensitive irresponsible jealous judgmental lazy manipulative narrow minded noncompliant pessimistic a poor loser selfish uncooperative ungrateful or unhelpful this is the book for you

Dysinhibition Syndrome Rose Wood, 1999-06 A godsend for every parent and professional who has ever been confronted with the perplexing and frustrating challenges of unpredictable and uncontrollable outbursts that seemingly have no rhyme or reason This book provides some realistic approaches and a wide variety of simple doable techniques for coping at home in school and in life The author is a social worker who first struggled with these challenges in her own home and then with her clients [The Big Book of Parenting Solutions](#) Michele Borba, 2009-08-11 The Today show expert tackles 101 issues ranging from sibling rivalry lying and peer pressure to cell phone use and TV addiction Indispensable Publishers Weekly A recommended read for moms by Working Mother magazine In this down to earth guide parenting expert Michele Borba offers advice for dealing with children's difficult behavior and hot button issues including biting temper tantrums cheating bad friends inappropriate clothing sex drugs peer pressure and much more Written for parents of kids age 3-13 this book offers easy to implement advice for the most important challenges parents face with kids from toddlers to tweens Includes immediate solutions to the most common childhood problems and challenges Written by Today's resident parenting expert Michele Borba Offers clear step by step guidance for solving difficult childhood behaviors and family conflicts Contains a wealth of advice that is easy to follow and gets quick results Author has written outstanding parenting books including *Building Moral Intelligence* *No More Misbehavior* *Don't Give Me that Attitude* and more Each of the 101 issues includes clear questions specific step by step solutions and advice that is age appropriate Moms and dads have come to rely on Dr Borba for advice on issues large and small *The Big Book of Parenting Solutions* is an indispensable comprehensive and authoritative guide to the wonderful and sometimes wacky world of parenthood You'll find yourself dipping into it for answers again and

again Dana Points Editor in Chief Parents Magazine The easy to use problem solution format will have you battling your biggest parenting crises with confidence Working Mother

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