

Download Parenting A Child Who Has Intense Emotions Dialectical Behavior Therapy Skills To Help Your Child Regulate Emotional Outbursts And Aggressive Behaviors

Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behavior (Englisch) Taschenbuch – 5.

Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behavior (Englisch) Audio-CD – Hörbuch, CD, Ungekürzte Ausgabe

She is coauthor of Parenting a Child Who Has Intense Emotions, Dialectical Behavior Therapy for At-Risk Adolescents, and Hey, I'm Here Too! Jeanine A. Penzo, LICSW, is a licensed clinical social worker with the VA Boston Healthcare System, where she utilizes dialectical behavior therapy (DBT) skills in her work with spinal-cord-injured patients and their caregivers.

If you are at your wit's end, it can also help a great deal for you (together with other parental figures in the home) to have your own therapist to guide you through the process, helping to shift your approach with your child to one that teaches emotion regulation instead of constantly doing battle with them. Ideally, signing release forms so the two therapists can coordinate the work they do with your family will help the process to be as effective and efficient as possible.

Parenting a Child Who Has Intense Emotions is an effective guide to de-escalating your child's emotions and helping your child express feelings in productive ways. You'll learn strategies drawn from dialectical behavior therapy (DBT), including mindfulness and validation skills, and practice them when your child's emotions spin out of control. This well-researched method for managing emotions can help your child make dramatic emotional and behavioral changes that both of you will be proud of.

Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors Pat Harvey and Jeanine Penzo Select rating Give it 1/5 Give it 2/5 Give it 3/5 Give it 4/5 Give it 5/5

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Parenting a Child Who Has Intense Emotions provides dialectical behavior therapy (DBT) strategies and skills to parents of children with explosive emotions. Readers learn to understand and accept their children's emotion dysregulation and learn skills for changing both their own behaviors and those of the child.

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