



Explosive & Defiant Children and Adolescents

Presented By

Ray Levy, Ph.D.

Objectives *Participants will be able to describe:*

- Why traditional therapeutic approaches are often unsuccessful and how to approach these children differently
- How to get the defiant and explosive child/adolescent to be the problem-solver instead of the problem-maker
- The 4 types of consequences
- How to help parents identify more effective consequences that teach instead of just punish misbehaviors
- How to build coping skills and change misbehaviors

12 hours

1) A New Approach for Explosive and Defiant Children & Adolescents

- Differentiating defiance from other childhood disorders
- Causes of defiance

2) The Vicious Cycle of Defiance Getting the Most Out of the First Session

- Retaining control of therapy

3) Teaching Appropriate Behaviors and Effective Coping Skills

- Why remediation skills work better than punishment
- Consequences vs. Punishment

4) Making Consequences More Effective "The Academies"

5) The 4 Types of Consequences

- Why consequences often 'don't work' for these kids

6) Developing a Relationship with Challenging Children

- Why 'praise' and 'building self-esteem' will backfire
- Reversing demoralization
- The use of play

7) Solving the Motivation Problem

- Determining whether the client is a *Camel* or a *Horse*
- Consequences as *Motivators* vs *Teachers*
 - Motivators for children
 - Motivators for adolescents

8) Disengaging Defiance and Avoiding Power Struggles: 4-Step Approach

- Zip it and clip it: Going 'brain dead' to avoid arguments
- Cool it: how to stay calm and in control; predict, prepare, prevent
- Giving effective choices
- Never telling them the lesson they just learned: avoiding the 'face-saving' battle

Ray Levy, Ph.D.

Ray Levy, Ph.D. is a nationally recognized authority on the treatment of explosive and defiant children & adolescents and their families.

After graduating from Harvard University in 1979, he obtained his masters and doctoral degrees in Clinical Psychology from Virginia Commonwealth University in 1985 & 1988.

He is currently the director of his clinic which specializes in treating children & adolescents with diagnoses of Attention Deficit Hyperactivity Disorder or Oppositional Defiant Disorder. He also consults extensively with school systems.

Dr. Levy has produced a series of audio tapes that show mental health professionals, teachers and parents ways of managing explosive children and adolescents. He has also co-authored the popular text, *Try and Make Me! Simple strategies that turn off the tantrums and create cooperation.*

Since 1992, Dr. Levy has been presenting workshops across the nation to professional audiences regarding the management of difficult children and adolescents. These workshops have received wide acclaim for communicating practical and effective strategies that educators and mental health professionals can use in their varied settings.

Approved Home Study CE Hours for Psychologists Counselors Social Workers Nurses Act 48

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1861 Wickersham Lane, Lancaster, PA 17603 (800) 801-5415

www.JKSeminars.com

JK@JKSeminars.com

Practice Level—Intermediate