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Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors

Pat Harvey LCSW-C, Jeanine A. Penzo LICSW

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Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless.Other parents may have told you that it's just a phase or that your child needs discipline. In reality, your child may have emotion dysregulation, a tendency to react intensely to situations other children take in stride. 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.

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Marcia Ogburn:

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Paul Quintana:

Playing with family within a park, coming to see the coastal world or hanging out with pals is thing that usually you may have done when you have spare time, in that case why you don't try point that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors, you can enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout folks. What? Still don't get it, oh come on its called reading friends.

Jeff Jones:

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