

ODD Therapy Worksheet: Version 2

Read the information carefully provided in the worksheet.

The most common symptoms of Oppositional defiance Disorder are:

- Temper tantrums
- Issues with the authority figure
- Argumentative nature with elders/authority figure
- Vindictive nature
- Refusal to follow what elders ask
- Doing things to annoy others
- Question the authority figures.
- Display anger
- Speak harshly and rudely.

The severity and intensity may vary

Mild	Moderate	Severe
Experience symptoms in only one setting	Experience symptoms in at least two sets	Experience symptoms in at least three or four settings

Behavioral strategies for the management of children with ODD are:

- Develop routines and a plan.
- Help them learn calming strategies, like mindfulness, relaxation techniques to fight off the anger.
- Avoid the triggers by getting to know more about them, often children with ODD get triggered by authority figures, try to avoid the conflict between the authority figures, take it one by one.
- Try to build a relationship, make them understand that authority doesn't mean that you are inferior or have to follow no matter what, help them understand your stance.
- Take it slowly, every day is a new day, and starts fresh.
- Ignore and let go of the initial tantrums.
- Get them involved in mentally and physically engaging activities.

- **Parent training:**

A mental health practitioner who has treated people with ODD may be able to assist you and your kid establish parenting practices that are more consistent, positive, and less frustrating. In some circumstances, your child may join you in this training so that everyone in your family may set common goals for dealing with challenges.

- **Parent-child interaction therapy (PCIT):**

A therapist coaches parents while they connect with their child during PCIT. In one method, the therapist sits behind a one-way mirror and walks parents through tactics to reward their child's positive behavior using an ear bug audio gadget. As a result, parents acquire more effective parenting practices, the parent-child bond strengthens, and negative behaviors become less prevalent.

- **Individual and family therapy:**

Individual counseling for your child may assist him or her in better managing anger and expressing feelings. Family therapy can help you strengthen your communication and relationships, as well as learn how to work together as a family.

- **Cognitive problem-solving training:**

This sort of therapy aims to assist your child in recognizing and altering mental patterns that lead to behavioral issues. Collaborative problem-solving, in which you and your child work together to find solutions that are beneficial to both of you, can help you and your child overcome ODD-related issues.

- **Social skills training:**

Your child might also benefit from counseling to help him or she be more adaptable and learn how to engage with others in a more positive and successful way.