



Oppositional Defiant Disorder Therapy Worksheet

There are various therapy options provided in the worksheet for conduct disorder. Read each one of them carefully so that you have an awareness of them all.

Oppositional defiant disorder (ODD): The behavior disorder oppositional defiant disorder (ODD) is a form of behavior disorder. The majority of cases are discovered in children. Children with ODD are defiant, angry, and uncooperative with peers, parents, teachers, and other authority figures. Positive parenting and early therapy can assist improve behavior and prevent the situation from worsening.

Therapies used to treat ODD:

- **Anger management therapy:** Children who have problems regulating their emotions also have difficulty controlling their anger; anger management, relaxation techniques, goal-setting, effective problem-solving, trigger identification, and recognition of consequences can all be taught.
- **Play therapy:** Children may find it challenging to comprehend or express their feelings. Play therapy is a different way to express yourself. Children can work through their emotions, understand their behavior, and learn new coping abilities through play.
- **Family therapy:** ODD may cause havoc in a household. Family therapy helps members of the family improve their coping and communication abilities. Parent-child interaction therapy is a sort of therapy that helps parents and children communicate more efficiently while also promoting positive parenting abilities.
- **Social skills training:** Persons with ODD have a more challenging time finding solutions to social problems, such as quarreling with a buddy, than people who do not have ODD. Teaching social skills and encouraging creative problem-solving can help people have better connections and avoid conflicts at school and work.
- **Cognitive problem-solving training:** In this therapy, the child learns to alter the mental patterns leading to his problematic behaviors.

References

[Morshed, N., Babamiri, M., Zemestani, M., & Alipour, N. \(2019\). A Comparative Study on the Effectiveness of Individual and Group Play Therapy on Symptoms of Oppositional Defiant Disorder among Children. *Korean journal of family medicine*, 40\(6\), 368–372. <https://doi.org/10.4082/kjfm.18.0045>](#)

[Ghosh, A., Ray, A., & Basu, A. \(2017\). Oppositional defiant disorder: current insight. *Psychology research and behavior management*, 10, 353–367. <https://doi.org/10.2147/PRBM.S120582>](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.