

In all age groups, individual therapy focusing on problem-solving skills also has been shown to greatly improve the behavior of children and adolescents with ODD. Problem-solving skills training should be specific to the child's behavioral problems, geared to the child's age, and focused on helping the child acquire new problem-solving skills.

More About Parent-Management Training

Studies have shown that intervening with parents is one of the most effective ways to reduce the behavioral symptoms of ODD in all age groups.²⁰ Parent-management training teaches parents positive ways to manage their child's behavior, discipline techniques, and age-appropriate supervision. It is the treatment of choice to prevent disruptive childhood behavior for many mental health professionals.

This approach embraces the following principles:

- Increased positive parenting practices, such as providing supportive and consistent supervision and discipline
- Decreased negative parenting practices, such as the use of harsh punishment and focus on inappropriate behaviors
- Consistent punishment for disruptive behavior
- Predictable, immediate parental response

Many of the following programs and publications have been noted as positive models by the Substance Abuse and Mental Health Services Administration (SAMHSA) of the United States Health and Human Services (US-HHS):

Programs

Program Name	Age Range	Contact Information
Incredible Years	Up to 8 years	www.IncredibleYears.com
Triple P-Positive Parenting Program	Up to 13 years	http://www5.triplep.net
Parent-Child Interaction Therapy (PCIT)	Up to 8 years	www.pcit.org
Center for Collaborative Problem Solving	Up to 18 years	www.explosivechild.com
The Adolescent Transitions Program (ATP)	11 to 13 years	http://cfc.uoregon.edu/atp.htm

Oppositional Defiant Disorder: A Guide for Families is adapted from the American Academy of Child and Adolescent Psychiatry's *Practice Parameter for the Assessment and Treatment of Children and Adolescents with Oppositional Defiant Disorder*. The AACAP *Practice Parameter* was written to aid clinicians, child and adolescent psychiatrists, physicians, and other healthcare professionals in the diagnosis and treatment of children with ODD. This guide was adapted from the AACAP *Practice Parameter* in 2009.

This publication is protected by copyright and can be reproduced with the permission of the American Academy of Child and Adolescent Psychiatry.

©2009 The American Academy of Child and Adolescent Psychiatry, all rights reserved.

eAACAP on aacap.org

Because childhood and adolescent mental illnesses are real, common, and treatable