

PARENTING A CHILD WHO HAS INTENSE EMOTIONS HARVEY PAT PENZO JEANINE%0A

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Parenting a Child Who Has Intense Emotions: Dialectical ...

About the Author: Pat Harvey, ACSW, LCSW-C, has over thirty years of experience working with families, and now coaches parents and family members of youth and adults with emotion dysregulation using a dialectical behavior therapy (DBT) framework.

Parenting a Child Who Has Intense Emotions

Audiobook by Jeanine A. Penzo LICSW, Pat Harvey LCSW-C

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

Harvey, Pat/ Penzo, Jeanine A.-Parenting A Child Who Has ...

Parenting a Child Who Has Intense Emotions provides dialectical behavior therapy (DBT) strategies and skills to parents of children with explosive emotions. Readers learn to understand and accept their children's emotion dysregulation and learn skills for changing both their own behaviors and those of the child.

Parenting a Child Who Has Intense Emotions - Pat Harvey ...

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

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Children with intense emotions go from zero 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.

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I recommend any of New Harbinger's books to psychology or counseling majors, and Pat Harvey and Britt H. Rathbone's "Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges" is no different. These books are great for research and reference, especially in some of the research papers.