



# Over 60 Techniques, Activities & Worksheets for Challenging Children & Adolescents

*Susan Epstein*

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Over the past 30 years we have seen a rise in explosive, challenging and resistant behaviors in children and adolescents. What use to work with difficult kids may not be working for professionals and parents alike. A new approach is needed that is tailored to the individual need and is directive, creative - and FUN.

This cutting-edge tips workbook will guide professionals in working with children, adolescents and families across multiple settings and treatment modalities. Inside, find easy to use worksheets, handouts and step-by-step tips and proven techniques to foster the working relationship required to elicit change and healing.

Includes Quick Tips For:

- \* Assessment and Treatment Planning
- \* Managing Anger and Explosive Behavior
- \* Depressed and Traumatized Children and Adolescents
- \* Kids with ADD and Executive Function Disorder
- \* Managing Risky Teenage Behavior
- \* How to Command Respect Minus the Fear Factor
- \* Helping Teens Achieve Their Dreams
- \* Managing Homework Hassles
- \* And more!

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