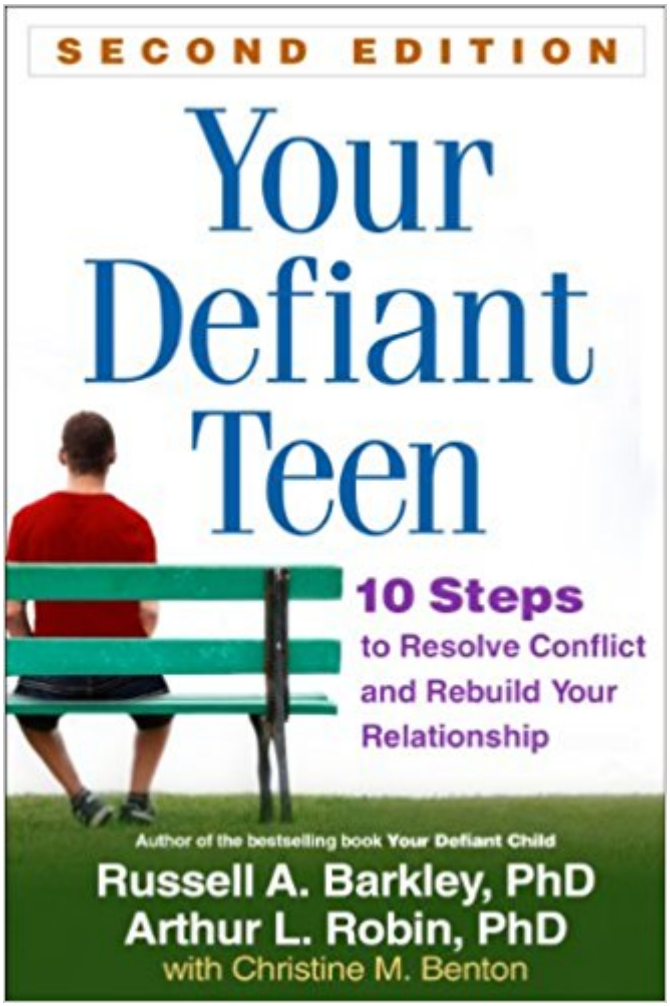
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Your Defiant Teen, Second Edition: 10 Steps To Resolve Conflict And Rebuild Your Relationship



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Synopsis

If life with your teen has become a battleground, it’s time to take action. This empathic book shows how. Trusted psychologists who have worked with thousands of families give you the tools you need to overcome defiance and get teen behavior back on track. By following the authors’ clinically proven 10-step program, learn how you can: Ã Â *Reestablish your authority while building trust. *Identify and enforce nonnegotiable rules. *Use rewards and incentives that work. *Communicate and problem-solve effectively--even in the heat of the moment. *Restore positive feelings in your relationship. *Develop your teen’s skills for becoming a successful adult. Ã Â Vivid stories and answers to frequently asked questions help you put the techniques into action. The updated second edition incorporates new scientific research on why some teens have more problems with self-control than others. Practical forms and worksheets can be downloaded and printed in a convenient 8 1/2" x 11" size. Mental health professionals, see also the authors’ Defiant Teens, Second Edition: A Clinician’s Manual for Assessment and Family Intervention. For a focus on younger children, see also Dr. Barkley’s Defiant Children, Third Edition (for professionals), and Your Defiant Child, Second Edition (for parents).

Book Information

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Customer Reviews

"The transition from adolescence to adulthood can be tough as teens attempt to assert their independence. Now in an updated second edition, this is a very welcome, current resource that helps you guide your teen through difficult times. Your Defiant Teen has been--and will continue to

be--the first book I recommend to parents struggling with challenging teens."--Sam Goldstein, PhD, coauthor of Angry Children, Worried Parents "Since the first edition of this book was published, growing evidence shows that the authors' program works. The second edition incorporates lessons learned from continuing research while maintaining the practical, warm, and supportive approach. Without placing blame, the authors help you understand your teen's behavior and explain 10 clear steps for creating positive change by improving the ways you interact."--Torrey A. Creed, PhD, Department of Psychiatry, University of Pennsylvania "Here it is--a book that provides insights into your teen's behavior and a game plan for addressing it! This step-by-step guide can produce a stunning turnaround by helping you focus on the positive and strike that necessary balance between monitoring your teen and fostering independence."--Sharon K. Weiss, MEd, coauthor of From Chaos to Calm: Effective Parenting of Challenging Children with ADHD and Other Behavioral Problems"[This] comprehensive defiance-busting system helps parents define and assess the problem....Without placing blame, the authors reveal that parents often unwittingly make a bad situation worse; the text gives solid tips on how to work toward a positive outcome and offers a variety of scenarios, demonstrating precisely how a parent's words and actions can be the source of a teen's compliant or defiant response. In the end, the authors offer a useful and detailed approach that respects the rights and expectations of parents and teens." (on the first edition) (Publishers Weekly 2007-11-19)"Extremely thorough and readable....Much more detailed and parent-oriented than [others], this will be...much in demand. This book is written for parents seeking relief from the stress of living with an arrogant, aggressive, or noncompliant son or daughter....Parents learn how to insist that their kids exhibit appropriate behavior for family life, school, and work."Ã Â (on the first edition) (Library Journal 2008-01-22)"A practical missive to parents confronting defiance....Your Defiant Teen delivers on its promise. It is a directive book that encourages parents to take back authority while simultaneously respecting the magic process of burgeoning independence....The examples are diverse and inclusive as they span the teen years. The problem behaviors vary from sneaking time on the Internet to covert midday romantic encounters at the expense of regular school attendance. These descriptions seem empowering for parents because they help define the problem and help parents feel less isolated in dealing with the difficult teen....Your Defiant Teen is an empathy-building, empowering, and practical book. It is a wonderful tool for highly motivated parents looking to master techniques for dealing with defiance....The sections of the book that help build insight into defiance as the task of adolescence and frame general healthy interactions could be helpful to all types of parents dealing with defiance. Defiance is a tough foe, and this book should be a real help to parents struggling to put defiance in

its place." (on the first edition) (Journal of the American Academy of Child and Adolescent Psychiatry 2009-03-01)"This practical guide provides a tool for parents to nurture teens through this difficult stage of development with compassion, consistency, and structure....The book's style is consistently instructive, and as a parent of a teenager, I was able to relate to the realistic examples presented....As both a parent of a teenaged child and an advocate of positive behavior management, I find this book to be an invaluable resource by which parents can resolve and work through the difficult and often devastating issue of teen defiance. The book and its program offer the possibility of change for both parents and teens, as well as hope for families in distress. The book is not only informative but enjoyable, and I believe that any family with a teenaged child would benefit from reading and applying the ideas it promotes." (on the first edition) (Journal of Child and Family Studies 2009-02-01)"The authors have much experience in dealing with oppositional and defiant teens. They have included in this self-help book many practical and useful hints, ideas, and strategies that many parents may find helpful. Their trying to discriminate which level and sort of problems may need professional help and which can be tackled by simply using this book is a plus....It can be a positive adjunct to therapists working with this population by providing parents an additional resource to consult between therapy sessions. It is a good example of a targeted book that can be recommended." (on the first edition) (Child and Family Behavior Therapy 2013-03-26)"Barkley and Robin provide a systematic and well-organized approach for caregivers to develop the tools and techniques with which to manage defiant behavior in teenagers by first understanding what it is and realizing some of the contributing factors resulting in maladaptive negative behavior patterns. The ultimate payoff after immersing oneself in their 10-step program is living more harmoniously with your teenager as they assert their growing independence." (on the first edition) (Journal of Development and Behavioral Pediatrics 2009-06-01)

Russell A. Barkley, PhD, ABPP, ABCN, is Clinical Professor of Psychiatry at the Virginia Treatment Center for Children and Virginia Commonwealth University School of Medicine. Dr. Barkley has worked with children, adolescents, and families since the 1970s and is the author of numerous bestselling books for both professionals and the public, including Taking Charge of ADHD and Your Defiant Child. He has also published five assessment scales and more than 275 scientific articles and book chapters on ADHD, executive functioning, and childhood defiance, and is editor of the newsletter The ADHD Report. A frequent conference presenter and speaker who is widely cited in the national media, Dr. Barkley is past president of the Section on Clinical Child Psychology (the former Division 12) of the American Psychological Association (APA), and of the International

Society for Research in Child and Adolescent Psychopathology. He is a recipient of awards from the American Academy of Pediatrics and the APA, among other honors. His website is www.russellbarkley.org.Ã Â Arthur L. Robin, PhD, is Director of Psychology Training at Children's Hospital of Michigan and Professor of Psychiatry and Behavioral Neurosciences at Wayne State University. Dr. Robin is a practicing psychologist with more than 40 years of clinical experience. Christine M. Benton is a Chicago-based writer and editor.

A very helpful resource. From cover to cover it is jam packed full of great insights and really practical advice when applied help to turn around a defiant teen. Amust read even if you don’t have a problem with defiance. The advice is applicable to all children.

This could help some parents but doesn’t have all the answers for Autistic teens.

This was highly rec to me. So far so good

good bool

Well-written and on-point!

Excellent! One of the best books on the topic that I have read.

Good Read.

There is a lot of helpful information in this book.

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