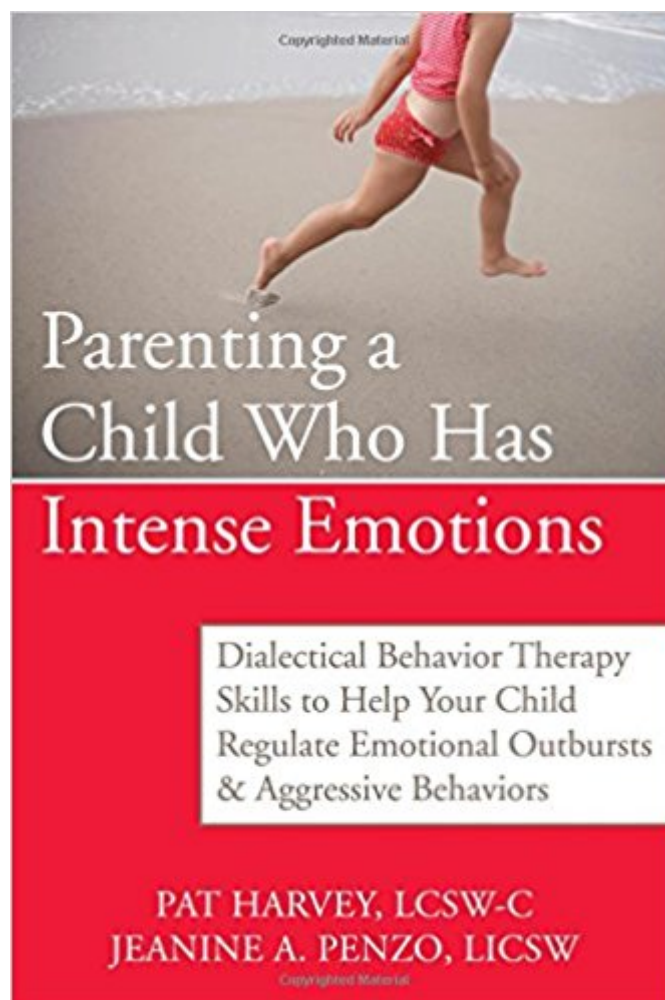


The book was found

# Parenting A Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills To Help Your Child Regulate Emotional Outbursts And Aggressive Behaviors





## Synopsis

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When your child has problems regulating his or her emotions, there's no hiding it. Children with intense emotions go from 0 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. *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 validation skills, and practice them when your child's emotions spin out of control. This well-researched method for managing emotions can help your child make dramatic emotional and behavioral changes that both of you will be proud of.

## Book Information

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## Customer Reviews

*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.

This book is fairly good and has some very interesting points. It has honestly helped in ways. The

only negative review is that I think the book is extremely repetitive.

This is a great resource.

Excellent book for parents struggling with anxious child.

Two knowledgeable authors help parents understand and help their child who experiences intense emotions. Great resource.

From what I read so far I have really enjoyed it. Have not finished it yet but what I have read has helped me have more sense of control over what is happening when my child does become intense. In my opinion, It helps one analyze the situation before responding.

These ideas helped me to cope with my intense child.

Excellent guide and tips to have a more peaceful household and also train your child to auto regulate more effectively I highly recommend the book

Best book ever. Love it.

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