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process of diffusing resistance to change  
and facilitating treatment compliance  
with this difficult population emphasis is

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hoping to gain new insights and skills into working with this population. By far, it is the best book I have ever read on this topic.

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by Neil I. Bernstein, 9781568216300,

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**Treating the Unmanageable  
Adolescent : Neil I. Bernstein ...**

Use "time-outs" effectively with elementary and early adolescents. Designate the specific chair, room, or area where the child will go for a time-



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out. Do not make empty threats.  
Properly follow through, starting the  
time-out only when the child is calm and  
quiet. For adolescents, sending them to  
their room for a designated amount of  
time

## **Oppositional Defiant Disorder**

In the book Treating the Unmanageable

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Adolescent, Neil Bernstein offers some suggested questions and techniques for working with resistant adolescents (1996). These are helpful in order to begin a therapeutic alliance that initially allows the adolescent to be in control and save face:

**“I Don’t Want to Do Life Today”:**

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Such programs stress the participant's acceptance that life has become unmanageable, that abstinence from drug use is needed, and that willpower alone cannot overcome the problem. The benefits of 12-step participation for adults in extending the benefits of addiction treatment appear to apply to

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## **Behavioral Approaches | National Institute on Drug Abuse ...**

The following mental health treatment interventions can be significantly helpful with alleviating your child's symptoms:  
Trauma-Focused Cognitive Behavioral

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Therapy (TF-CBT) is an intervention used for children and adolescents (ages 3-18) and their parents who have experienced a traumatic event (or events).

**Trauma Care for Children and Adolescents - HelpGuide.org**

Find Adolescents / Teenagers (14 to 19)  
Treatment Centers in Coral Springs,

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Broward County, Florida, get help from  
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"BNI Treatment Centers provides  
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diagnosis, and primary mental health

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The program is owned and operated by  
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