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Titolo	Finding the Calm Child Within : Raising Resilient Children with Disruptive Mood Dysregulation Disorder // by Sam Goldstein, Robert B. Brooks, Donna DiMaio Rooney, Molly Anthony
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ISBN	3-031-90646-2
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Descrizione fisica	1 online resource (XLIII, 241 p.)
Collana	Copernicus Books, Sparking Curiosity and Explaining the World, , 2731-8990
Disciplina	155
Soggetti	Developmental psychology School psychology Systemic therapy (Family therapy) Social psychiatry Public health Developmental Psychology Child and Adolescence Psychology School Psychology Systems or Family Therapy Clinical Social Work Public Health Psicologia del desenvolupament Psicologia escolar Teràpia familiar sistèmica Psiquiatria social Salut pública Llibres electrònics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Nota di contenuto	Chapter 1 The First Steps in Understanding DMDD -- Chapter 2 Understanding DMDD -- Chapter 3 The Eight Guideposts for Raising Emotionally Resilient Children with DMDD -- Chapter 4 Teaching and

Conveying Empathy to Children With DMDD -- Chapter 5 Effective Communication and Listening Actively -- Chapter 6 Accepting Our Children for Who They Are: Conveying Unconditional Love and Setting Realistic Expectations -- Chapter 7 Nurturing "Islands of Competence" -- Chapter 8 Helping Children With DMDD Learn From, Rather Than Feel Defeated by Mistakes -- Chapter 9 The Importance of Problem-Solving and Decision-Making Skills for Children with DMDD -- Chapter 10 Disciplining in Ways that Promote Self-Discipline and Self-Worth -- Chapter 11 Developing Responsibility, Compassion, and a Social Conscience -- Chapter 12 Establishing a Partnership with Your Child's School -- Chapter 13 Rising Through the Storm.

Sommario/riassunto

In the intricate landscape of childhood emotional and behavioral challenges, disruptive mood dysregulation disorder (DMDD) stands as one of the most daunting. Characterized by intense irritability and explosive outbursts, DMDD can transform the journey of parenting and teaching into a relentless storm, leaving families and educators searching for guidance and support. This book offers a beacon of hope as well as a comprehensive resource crafted for those dedicated to nurturing children with DMDD. Key areas of coverage include:

- Biological, psychological, and environmental factors contributing to DMDD and how to recognize and assess its symptoms effectively.
- Evidence-based approaches to assessing and treating DMDD, from parent training and therapeutic interventions to medication management.
- The eight guideposts for building resilience to help children with DMDD navigate their emotions, develop problem-solving skills, and cultivate self-discipline and empathy.
- Real-life inspirational and practical wisdom from the experiences of families who have courageously and lovingly faced the challenges of DMDD.
- Strengthening home and school partnerships to ensure that children with DMDD receive the support and accommodations they need to thrive academically and socially.

Raising Resilient Children with Disruptive Mood Dysregulation Disorder is a testament to the power of resilience and the potential for growth and transformation in a child's life. It extends beyond DMDD, offering valuable insights for managing a range of emotional and behavioral challenges. The book is an invaluable resource for parents, caregivers, educators, and mental health professionals.
