

MANAGING STUDENTS WITH OPPOSITIONAL DEFIANT DISORDER

How is Oppositional Defiant Disorder (ODD) Treated?



Treatment for ODD varies based on many factors, including:

- Your child's age.
- The severity of their symptoms.
- Your child's ability to take part in and tolerate specific therapies.
- If your child has other conditions, such as ADHD, learning differences and/or OCD.

Treatment of ODD should involve your child, your family, and their school.

Treatment usually consists of a combination of the following:

- Parent management training (PMT).
- Psychotherapy (talk therapy).
- School-based interventions.

Parent management training for ODD

Parent Management Therapy (PMT) is the main treatment for oppositional behaviours. It teaches parents ways to change their child's behaviour in the home by using positive reinforcement to decrease unwanted behaviours and promote healthy behaviours.

There are different types of training programs, which usually involve multiple sessions over several weeks. During the sessions, parents learn to identify problem behaviours, as well as positive interactions, and to apply punishment or reinforcement as appropriate.

MANAGING STUDENTS WITH OPPOSITIONAL DEFIANT DISORDER

PMT has been shown to decrease conduct problems in multiple contexts and family backgrounds significantly.

Psychotherapy for ODD

Psychotherapy (talk therapy) is a term for a variety of treatment techniques that aim to help you identify and change troubling emotions, thoughts, and behaviours. Working with a mental health professional, such as a psychologist or psychiatrist, can provide support, education and guidance to your child and your family.



Common types of psychotherapy that help treat ODD include:

- **Cognitive behavioural therapy (CBT):** This is a structured, goal-oriented individual type of therapy. A therapist or psychologist helps your child take a close look at their thoughts and emotions. Your child will come to understand how their thoughts affect their actions. Through CBT, your child can unlearn negative thoughts and behaviours and learn to adopt healthier thinking patterns and habits. CBT-based anger management training is useful in treating anger problems in children with ODD. In older children, problem-solving skills training and perspective-taking are helpful therapy strategies.
- **Family-focused therapy:** This therapy is for children with ODD and their caregivers. During this treatment, your child and family will join together in therapy sessions of psychoeducation regarding ODD, communication improvement and problem-solving skills. It can help identify factors in your home life that may contribute to or worsen aggressive behaviours.

Adapted by Get into Neurodiversity for a global audience.

Source: Cleveland Clinic, a non-profit multispecialty academic medical Centre that integrates clinical and hospital care with research and education US.