

Treating Disruptive Behaviour Disorders

Overview:

Disruptive Behaviour disorders (DBD's) are the most common mental health problem among children. In addition to being one of the most common disorders it is also one of the most challenging to intervene with for a variety of reasons, including the prevalence of co-morbidity and level of associated issues such as disregulation, anti-social behaviour and systemic problems.

This two-day presentation will provide participants with a clear understanding of the DBD spectrum, including diagnostic features, risk and preventive factors, and intervention strategies for the individual, family and school setting.

Learning Objectives:

- 1) Identify symptoms and characteristics of Disruptive Behaviour Disorders
- 2) Describe both the risk factors and protective factors related to DBD's (biological, familial, school)
- 3) Describe evidence-informed techniques for helping children and youth with DBD's including techniques to address anger management, impulse control, and social skills
- 4) Describe interventions that parents and teachers can use to manage disruptive behaviours, and to strengthen children's self-regulatory abilities