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# The Explosive Child Worksheets

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Anger Management for Substance Abuse and Mental Health Clients  
 Mindful Parenting for ADHD  
 Parenting for a Peaceful World  
 Guidelines Manual  
 Counselling Children  
 Parent Child Journey  
 The Borderline Personality Disorder Workbook  
 Teach Your Children Well  
 The Whole-Brain Child Workbook  
 Emotional Intensity in Gifted Students  
 DBT Skills Training Handouts and Worksheets, Second Edition  
 Collaborative Problem Solving  
 Parenting with Positive Behavior Support  
 Beyond Behaviours  
 The Uncontrollable Child  
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 Organic Chemistry for Babies  
 Oppositional, Defiant & Disruptive Children and Adolescents  
 The Explosive Child  
 Cognitive Therapy for Adolescents in School Settings  
 Defusing Explosive Behavior in Children with ADHD  
 When Your Kids Push Your Buttons  
 Adult Children of Emotionally Immature Parents  
 Lost at School  
 Anger Management Workbook for Kids  
 Creative Interventions for Challenging Children & Adolescents  
 My Book Full of Feelings  
 Cognitive-Behavioral Therapy for Anger and Aggression in Children  
 1-2-3 Magic  
 The Zones of Regulation  
 Opening Our Arms  
 Lost and Found  
 The Whole-Brain Child  
 Over 60 Techniques, Activities & Worksheets for Challenging Children & Adolescents  
 55 Creative Approaches for Challenging & Resistant Children & Adolescents  
 The Self-Regulation Workbook for Kids  
 Families with Power  
 ADHD Raising an Explosive Child

*The Explosive Child Worksheets*

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## RIGGS YAMILET

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Anger Management for Substance Abuse and Mental Health Clients  
Pesi, Incorporated

This book is the first to systematically describe the key components necessary to ensure successful implementation of Collaborative Problem Solving (CPS) across mental health settings and non-mental health settings that require behavioral management. This resource is designed by the leading experts in CPS and is focused on the clinical and implementation strategies that have proved most successful within various private and institutional agencies. The book begins by defining the approach before delving into the neurobiological components that are key to understanding this concept. Next, the book covers the best practices for implementation and evaluating outcomes, both in the long and short term. The book concludes with a summary of the concept and recommendations for additional resources, making it an excellent concise guide to this cutting edge approach. Collaborative Problem Solving is an excellent resource for psychiatrists, psychologists, social workers, and all medical

professionals working to manage troubling behaviors. The text is also valuable for readers interested in public health, education, improved law enforcement strategies, and all stakeholders seeking to implement this approach within their program, organization, and/or system of care.

**Mindful Parenting for ADHD** Sourcebooks, Inc.

Teaching children how to manage their intense emotions is one of the most difficult aspects of parenting or educating gifted children. Emotional Intensity in Gifted Students: Helping Kids Cope With Explosive Feelings provides a much-needed resource for parents and educators for understanding of why gifted children are so extreme in their behavior and how to manage the highs and lows that accompany emotional intensity. Presented in an easy-to-read, conversational style, this revised and updated second edition contains additional chapters addressing temperament and personality development, as well as expanded role-plays and strategies designed to show parents and teachers how to interact and guide gifted children in a way that teaches them how to recognize, monitor, and adjust their behavior. Updated resources and worksheets make this practical resource a must-read for anyone wishing to make a positive and lasting impact on the lives of gifted children.

Parenting for a Peaceful World Grand Central Publishing

This practical guide offers mental health professionals a detailed, step-by-step description on how to conduct Parent-Child Interaction Therapy (PCIT) - the empirically validated training program for parents with children who have disruptive behavior problems. It includes several illustrative examples and vignettes as well as an appendix with assessment instruments to help parents to conduct PCIT.

Guidelines Manual New Society Publishers

This first concise guide to conducting cognitive therapy (CT) with adolescents in school settings features in-depth case examples and hands-on clinical tools. The authors—who include renowned CT originator Aaron T. Beck—provide an accessible introduction to the cognitive model and demonstrate specific therapeutic techniques. Strategies are illustrated for engaging adolescents in therapy, rapidly creating an effective case conceptualization, and addressing a range of clinical issues and stressors frequently experienced in grades 6–12. The challenges and rewards of school-based CT are discussed in detail. In a convenient large-size format with lay-flat binding for easy photocopying, the book contains 16 reproducible handouts, worksheets, and forms.

Purchasers also get access to a Web page where they can download and print the reproducible materials. This book is in The Guilford Practical Intervention in the Schools Series, edited by T. Chris Riley-Tillman.

Counselling Children John Murray Learning

**NEW Techniques, Activities and Worksheets For Challenging Children & Adolescents** Children's behavior expert Susan Epstein has created even more effective techniques, activities & worksheets for challenging children & adolescents, providing a creative combination of psychotherapy and coaching techniques to assist in engagement and retention of even the most difficult clients. Susan's signature style of creative and fun approaches cover Autism, ADHD, Sensory Processing Disorders and other body, mind and emotional challenges. Something for all ages. Filled with step-by-step assessment tools and reproducible worksheets. New ideas to help self-regulation, bonding and connecting Mindfulness for treating & raising successful, responsible children and adolescents Interventions to focus ADHD & the difficult to engage Treatment plans for therapy sessions and home Reviews: "Susan's tips are gold; using them will make your life and your child's life so much easier." -- Rory F. Stern, PsyD, founder of Help Your ADHD Child "Susan does it again, this time with her 55 Techniques for Challenging & Resistant Children/Adolescents. All approaches are clear, simple, and easy to implement across various settings and needs. As a Certified School Counselor and Behavior Interventionist, disruptive behaviors are a daily challenge in school. This will be shared and recommended to educators, parents, and other professionals as the go to book." -- Dawn Dockery-Cerven, MS.Ed "This book is an essential tool for therapists who want to engage children and teens in therapy by meeting them "where they are" and by speaking their language. I especially like Susan's common sense, compassionate messages to parents in the beginning sections of the book." -- Diane Phimister, LMFT

Parent Child Journey PESI Publishing & Media

Parenting for a Peaceful World is a fascinating look at how child-rearing customs have shaped societies and major world events. It reveals how children adapt to and are influenced by different parenting styles and how safeguarding their emotional development is the key to creating a more peaceful, harmonious and sustainable world. Practical advice for raising a well-adjusted child includes tips on supporting your child's developing emotional intelligence, understanding how your childhood has influenced your own emotional make-up, and helping you achieve

your full parenting potential. Drawing on leading edge brain research, child-development studies, psycho-history, and personal and clinical experience, this completely revised and updated edition of Parenting for a Peaceful World is a must-read for parents, child health professionals, teachers, and for adults seeking to heal and grow.

The Borderline Personality Disorder Workbook Simon and Schuster

Working on behavioral changes can be fun and successful for children and teens -- if you have the right tools and approach. Experienced therapist and sought-after parent coach Susan Epstein brings her signature style of innovation and fun in her latest book, providing proven and ready-to-use ideas to improve behaviors. [e] End anger and explosive behaviors [e] Stop disrespectful behaviors [e] Create trust and safety for trauma and depression issues [e] Techniques to reduce anxiety and stress [e] Simple steps to better organization [e] Learning and earning responsibility and independence [e] Tools for engagement, cooperation and learning [e] Special sections on technology and parent strategies

**Teach Your Children Well** PESI Publishing & Media

If you grew up with an emotionally immature, unavailable, or selfish parent, you may have lingering feelings of anger, loneliness, betrayal, or abandonment. You may recall your childhood as a time when your emotional needs were not met, when your feelings were dismissed, or when you took on adult levels of responsibility in an effort to compensate for your parent's behavior. These wounds can be healed, and you can move forward in your life. In this breakthrough book, clinical psychologist Lindsay Gibson exposes the destructive nature of parents who are emotionally immature or unavailable. You will see how these parents create a sense of neglect, and discover ways to heal from the pain and confusion caused by your childhood. By freeing yourself from your parents' emotional immaturity, you can recover your true nature, control how you react to them, and avoid disappointment. Finally, you'll learn how to create positive, new relationships so you can build a better life. Discover the four types of difficult parents: The emotional parent instills feelings of instability and anxiety The driven parent stays busy trying to perfect everything and everyone The passive parent avoids dealing with anything upsetting The rejecting parent is withdrawn, dismissive, and derogatory

The Whole-Brain Child Workbook PESI Publishing & Media

Written by a pediatrician and based in proven-effective mindfulness techniques, this book will help you and your child with attention deficit/hyperactivity disorder (ADHD) keep calm, flexible, and in control. If you are a parent of a child with attention deficit/hyperactivity disorder (ADHD), you probably face many unique daily challenges. Kids with ADHD are often inattentive, hyperactive, and impulsive, since ADHD affects all of self-management and self-regulation. As a result, you might become chronically frustrated or stressed out, which makes caring for ADHD that much harder. In this book, a developmental pediatrician presents a proven-effective program for helping both you and your child with ADHD stay cool and collected while remaining flexible, resilient, and mindful. Bertin addresses the various symptoms of ADHD using non-technical language and a user-friendly format. In addition, he offers guidelines to help you assess your child's strengths and weaknesses, create plans for building skills and managing specific challenges, lower stress levels for both yourself and your child, communicate effectively, and cultivate balance and harmony at home and at school. If you are a parent, caregiver, or mental health professional, this book provides a valuable guide.

Emotional Intensity in Gifted Students Guilford Press

Help your child identify, understand, and take control of their feelings with the kid-friendly cognitive behavioral therapy and self-regulation exercises in this easy-to-use workbook. When children have difficulty self-regulating, it can make it harder for them to get along with peers and family members, hurt their academic achievement, and inhibit their ability to complete activities of daily living. That's where this book comes in. In this evidence-based workbook, the reader follows the journey of a child just like them—who experiences all kinds of emotions and thoughts and learns how to take control of them. The Self-Regulation Workbook for Kids allows kids to explore and express their feelings, guided by a relatable character and reinforced through interactive worksheets and proven exercises. The CBT-based activities and advice in this workbook will empower children with concrete coping skills and techniques that they can return to each and every time they start to feel upset or stressed. [DBT Skills Training Handouts and Worksheets, Second Edition](#) Harper Collins

When you are confronted with a child who is troubled, disruptive, oppositional, defiant or angry - whether you are a parent or a teacher - it can be difficult to know the best way to support them. Traditional methods of 'shaping' a child's behaviour can often be at best ineffective, at worst distressing, for child and adult alike. Drawing on 30 years of experience, internationally known paediatric psychologist Dr Mona Delahooke describes these troubled behaviours as the 'tip of the iceberg', important signals that point to deeper, individual differences in the child that we need to understand and address before we can resolve behavioural challenges. Using the very latest neuroscientific research *Beyond Behaviours* makes the case that many children who can't seem to behave simply don't have the developmental capacity to do so - yet. This book uses neuroscientific findings to help you deconstruct behaviour challenges, and to discover their cause and triggers for your child. It will show you how to apply this knowledge across a variety of behaviour spectrums, from children diagnosed with autism or other forms of neurodiversity, to those who might have been exposed to toxic stress or trauma during their early years. There are practical strategies to implement at every stage, backed up by impactful worksheets and charts, with a strong emphasis not on 'managing' behaviour, but instead on helping children and families build positive experiences to counteract the stress and pressure felt by everybody when you're working, or living, with a child who has behavioural challenges. Accessible, practical, warmly supportive and steeped in research and clinical expertise, *Beyond Behaviours* offers a break-through book which guides us - parents and caregivers alike - to the realisation that the most important tool in our toolkit is always our connection with the child standing in front of us.

**Collaborative Problem Solving** Springer Science & Business Media

Evidence-based skills, insight, and methods drawn from dialectical behavior therapy (DBT) to help you gain a greater understanding of your child's behavior, parent them with compassion and confidence, and restore peace to your home. Is your child extremely irritable most of the time? Do they have difficulty interpreting social cues? Are they impulsive and prone to outbursts or explosive rages? Parenting a child who has emotional dysregulation can be a bumpy ride. You've probably received advice—some of it unsolicited—from friends, teachers, and family members. But strategies and techniques that work for other kids are usually ineffective when it comes to your unique child, and can even lead to more stress for everyone in your family. *The Uncontrollable Child* is here to help. Written for parents of children with emotion dysregulation disorders,

including disruptive mood dysregulation disorder (DMDD), *The Uncontrollable Child* is a lifeline. It contains a powerful set of skills based in dialectical behavior therapy (DBT)—including mindfulness, validation, limit-setting, and behavior-shaping—to help you better understand your child and their behavior, and successfully find balance between acceptance and change, flexibility and consistency, and limits and love. As a parent, you want the very best for your child, but if you have a child with explosive emotions, you need extra help. Let this book guide you toward creating a nurturing, healthy, and loving environment in which your whole family can thrive.

[Parenting with Positive Behavior Support](#) Penguin

AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh\*t I Do List. Tired of being the "shefault" parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. "Winning" this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

*Beyond Behaviours* Simon and Schuster

The award-winning, best selling '1-2-3 Magic' book provides practical and easy-to-learn parenting techniques that WORK for children ages 2-12. You won't need to study child psychology to understand the three simple steps in the program and get results quickly! Step 1: Control Obnoxious Behaviour. Learn a simple technique to get your kids to STOP doing what you don't want them to do (whining, arguing, tantrums, sibling rivalry, etc.); Step 2: Encourage Good Behaviour. Learn several effective methods to get your kids to START doing what you do want them to do (cleaning rooms, going to bed, homework, etc.); Step 3: Strengthen Relationships. Learn four powerful techniques that reinforce your bond with your children. You will also learn how to manage the Six Kinds of Testing and Manipulation, how to handle misbehaviour in public and how to avoid the Talk-Persuade-Argue-Yell-Hit Syndrome.

**The Uncontrollable Child** Createspace Independent Publishing Platform

The Anger Management Workbook for Kids offers kid-friendly exercises and interactive activities to feel happier, calmer, and take control of anger. Everyone gets angry, but teaching kids how to respond to anger is what really matters. The Anger Management Workbook for Kids offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the

activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers. With this foundation, kids will learn positive and proactive strategies to deal with anger through gratitude, friendliness, and self-kindness. At home, school, or with friends, the Anger Management Workbook for Kids equips kids to take control of anger, with: A close look at anger that helps kids and parents identify habits and triggers, and recognize how anger feels to them. Interactive exercises that provide a fun format for learning how to communicate feelings, needs, and wants to take control of angry outbursts. Feel-good habits that help kids develop better responses to anger by cultivating self-kindness, joy, and appreciation. Anger is a regular emotion just like joy, sadness, and fear--but sometimes anger acts bossy. Give your kids the power to say STOP to anger with the Anger Management Workbook for Kids.

**Parent—Child Interaction Therapy** The Explosive Child  
The definitive guide to the skills and techniques used when working with children experiencing emotional problems, this book covers all you need to know about: The goals for counselling children and the child-counsellor relationship Practice frameworks for working effectively with children Play therapy and the use of different media and activities Building self-esteem and social skills through the use of worksheets. This fifth edition has been updated to include: A new chapter on technology; its influence on children and ways that technology can be used during counselling New content on issues of diversity and difference in counselling children The different contexts in which counselling children occur Discussion of concepts of wellbeing and resilience Updated references and research. The book is supported by a new companion website that provides training materials and handouts on a range of skills for counselling children including: helping the child to tell their story sand tray work, the use of miniature animals, the use of clay, and helping the child to change thoughts and behaviour. This highly practical guide is vital reading for counsellors, psychologists, social workers, occupational therapists, nurses and teachers working or training to work with children.

*A Volcano in My Tummy* Routledge

Psychologist Madeline Levine, author of the New York Times bestseller *The Price of Privilege*, brings together cutting-edge research and thirty years of clinical experience to explode once and for all the myth that good grades, high test scores, and college acceptances should define the parenting endgame.

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Parents, educators, and the media wring their hands about the plight of America's children and teens—soaring rates of emotional problems, limited coping skills, disengagement from learning and yet there are ways to reverse these disheartening trends. Teach Your Children Well acknowledges that every parent wants successful children. However, until we are clearer about our core values and the parenting choices that are most likely to lead to authentic, and not superficial, success, we will continue to raise exhausted, externally driven, impaired children who believe they are only as good as their last performance. Real success is always an inside job, argues Levine, and is measured not by today's report card but by the people our children become fifteen or twenty years down the line. Refusing to be diverted by manufactured controversies such as "tiger moms versus coddling moms," Levine confronts the real issues behind the way we push some of our kids to the breaking point while dismissing the talents and interests of many others. She shows us how to shift our focus from the excesses of hyperparenting and the unhealthy reliance on our children for status and meaning to a parenting style that concentrates on both enabling academic success as well as developing a sense of purpose, well-being, connection, and meaning in our children's lives. Teach Your Children Well is a call to action. And while it takes courage to make the changes we believe in, the time has come, says Levine, to return our overwrought families to a healthier and saner version of themselves.

**Organic Chemistry for Babies** John Wiley & Sons

An interactive workbook for children and a teaching tool for parents and professionals, the book uses images of feelings and gradated colors to teach children how to deal effectively with gradated levels of emotions.

**Oppositional, Defiant & Disruptive Children and Adolescents** Bull Publishing Company

Provides a sensitive, practical approach to managing a child's severe noncompliance, temper outbursts and verbal or physical aggression at home and school. May also be useful for parents of children with oppositional defiant disorder (ODD).

The Explosive Child Guilford Press

You could gain strategies for out of control behaviors and techniques for emotional regulation along with long term treatment strategies to help kids at home and school. Scott Walls has worked with some of the most challenging kids in both clinical and school settings. Through the use of case studies and action oriented handouts, you will discover solutions to turn your most challenging kids around.