

Treating Oppositional Defiant Disorder and Conduct Disorder

Program Description

In this training, participants will identify principles of effective treatment for Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD). Participants will examine evidence based practices used to target the symptoms of these mental health diagnoses and will explore the role of parents and caretakers, school professionals, and mental health professionals in addressing challenges associated with ODD and CD.

Participants will examine treatment strategies used in two common practices used to treat ODD and CD: Parent Management Training Programs and Individual and Family Psychotherapy. Through experiential exercises, video clips, and discussion, participants will learn practical treatment approaches and will discover the importance of collaborating with children, families, and professionals in order to effectively address the disruptive behaviors and underlying struggles often associated with ODD and CD diagnoses. The training will equip participants with a number of useful treatment strategies to enhance their practice with children, adolescents, and their families.

Learning Objectives:

Upon completion of this workshop, participants should be able to:

1. Define principles of effective treatments for ODD and CD;
2. Identify research on treatment outcomes for individuals diagnosed with ODD and CD;
3. Explain specific treatment strategies used in Parent Management Training Programs and Individual and Family Psychotherapy that target key symptoms of ODD and CD diagnoses;
4. Describe the necessity of engaging children and adolescents, families, schools, and mental health systems for effective treatment of ODD and CD;
5. Discuss challenges in engaging and supporting children and adolescents diagnosed with ODD and CD, and strategies to address these challenges.

Target Audience

This workshop will benefit mental health practitioners, educators, human service professionals, and community advocates interested in this topic.

Contact Hours

3.0 contact hours

Program Agenda

- | | |
|-----------|---|
| 1:30-1:50 | Experiential Exercise—Write, Pair, Share: Your experience in working with children diagnosed with ODD or CD |
| 1:50-2:05 | Exploring a trauma-informed approach to treatment of ODD and CD |
| 2:05-2:20 | Overview of effective treatment principles for ODD and CD |
| 2:20-2:45 | Exploring Specific Treatment Models:
Parent Management Training Programs |

	Individual and Family Psychotherapy
2:45-3:00	BREAK
3:00-3:50	Experiential Exercises: Practical tools for understanding and managing disruptive behaviors with children in home and school settings
3:50-4:10	Experiential Exercise: Understanding the perspectives of families, schools, providers
4:10-4:35	Working collaboratively with families and schools: Challenges and strategies for success
4:35-4:45	Questions and Group Discussion

Faculty

Amy Levine, MSW, LCSW, is a Clinical Assistant Professor at the UNC-Chapel Hill School of Social Work, where she teaches courses in child welfare and mental health and serves as a faculty member in the field education program. Amy has a practice background in both public and private child welfare services as well as mental health and has worked for 12 years as a child, adolescent, and family therapist. Amy is also a North Carolina Certified Clinical Supervisor, providing supervision and consultation to LCSW-A's in North Carolina. Amy's practice and research interests include trauma-informed models of care, child and adolescent mental health, and the intersection of child welfare and behavioral health services.