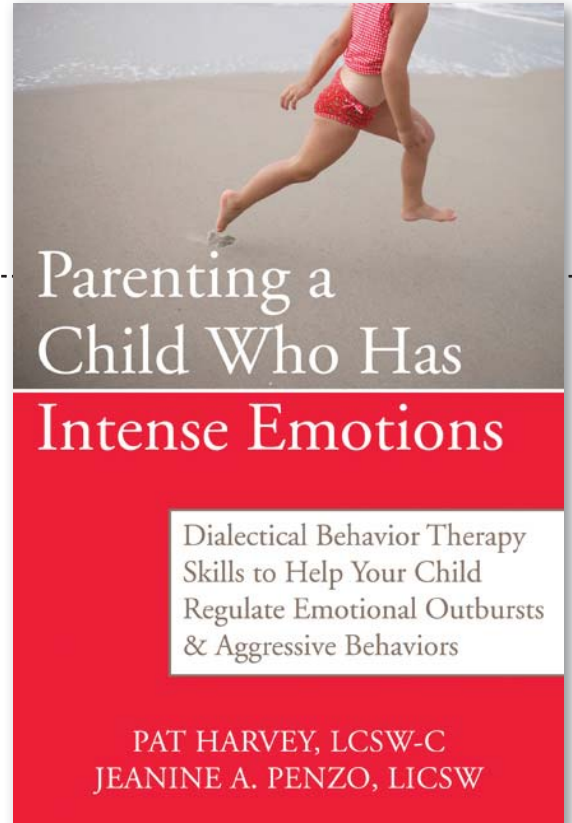


PARENTING A CHILD WHO HAS INTENSE EMOTIONS

Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors

PAT HARVEY, LCSW-C, AND JEANINE A. PENZO, LICSW



Parenting a Child Who Has Intense Emotions

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“Parenting a Child Who Has Intense Emotions fills a void long felt by parents and professionals who live and work with children who are often described as overreactive. The authors break down highly charged interactions in thoughtful, useful ways that explain how parents can defuse the most intense scenarios.

The outlined skills serve to assist parents, educators, and all who work with children in everyday interactions that may become unpredictable without notice. This book helps everyone take a deep breath.”

—JILL G. AUBRY,

special educator and former educational director at Fairfax, VA public schools

For Parents of Children with Intense Emotions, Every Day Can Be Like Walking on Eggshells

Temper tantrums in the supermarket. Tears that seem to come out of nowhere. Battles over homework that are more like wars. When a child has problems regulating his or her emotions, there’s no hiding it. Children with intense emotions go from 0 to 100 in seconds and are prone to frequent emotional and behavioral outbursts that leave parents feeling bewildered and helpless.

Others might have told parents that it’s just a phase or that their child needs discipline. In reality, that child may have emotion dysregulation, a tendency to react intensely to situations other children take in stride. ***Parenting a Child Who Has Intense Emotions*** is an effective guide to de-escalating a child’s emotions and helping the child express feelings in productive ways. Parents will learn strategies drawn from dialectical behavior therapy (DBT), including mindfulness and validation skills, and practice them when their child’s emotions spin out of control. This well-researched method for managing emotions can help a child make dramatic emotional and behavioral changes that both child and parents will be proud of.

FOR AN INTERVIEW REQUEST *or*
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November 2009 / 978-1-57224-649-2 / \$17.95 / 6 x 9 / 200 pages



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Praise

"Harvey and Penzo have written a book that is first and foremost a guide to understanding and developing specific strategies for addressing their child's intense emotions. That the book attends to the deep feelings that parents themselves experience along the journey to emotional and behavioral stability sets it apart from other books in this genre. ***Parenting a Child Who Has Intense Emotions*** takes the parent step-by-step through a process of healing and growing that will resonate immediately with those who have struggled to provide what their children need. Parents will feel better for having read this book, as it will allow them to address things that have been troublesome for years."

—TERRY LANDON, LICSW,
clinician/consultant with Wediko
Children's Services

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"Intensely emotional children engage in behavior that is intensely trying to parents. In this important work, Pat Harvey and Jeanine Penzo have provided both a frame of reference by which to understand the basis of those emotions and behaviors in children and a treasure trove of practical interventions that equip parents to respond in helpful and constructive ways. This important work will prove invaluable for parents and for clinicians working with parents, children, and families"

—Robert Ciottone, Ph.D., ABPP, professor of psychology at Clark University
and adjunct faculty at University of Massachusetts Medical School

"Parents and other primary caregivers raising children with intense emotions will benefit from this book, which is the result of a unique collaboration between a seasoned clinician and the parent of a child with emotion dysregulation. Parents will learn critical skills and strategies and receive practical advice on how to help their children. As these parents acquire new skills and learn to look at their challenges in a different way, they will become more effective and witness positive results."

—Celia Serkin, executive director of the Montgomery County Federation of Families
for Children's Mental Health

"This book will be an excellent resource for parents and other caregivers of children and adolescents with mental health issues and challenging behaviors. I think it will be on many a parent's bedside table"

—Emily Novick, MPP, child and adolescent program coordinator at
the National Alliance on Mental Illness, Montgomery County

"Our child's highly emotional behaviors really strained our marriage. We did not know how to change our family dynamic and break the cycle of pain and frustration. Harvey and Penzo gave us a quintessential bible of principles and techniques that dramatically changed how we all interacted. It is a must-read in order to help you and your child be more effective."

—Minna and Robert Golden

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About the Authors

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DARLING PHOTOGRAPHIC SERVICES

PAT HARVEY, LCSW-C

has practiced clinical social work for more than thirty years with people with serious emotion dysregulation. She was instrumental in the development of an award-winning dialectical behavior therapy (DBT) adherent

adolescent group home. Harvey now specializes in developing DBT skills groups for parents and families, coaching and supporting parents of children with intense emotions or mental illness, and training others to use DBT skills for many populations. Pat Harvey lives in Rockville, MD.



DARLING PHOTOGRAPHIC SERVICES

JEANINE PENZO, LICSW

is a licensed clinical social worker with the VA Boston Healthcare System, where she utilizes dialectical behavior therapy (DBT) skills training in her work with spinal-cord-injured patients and their caregivers. She is also a trained teacher who has worked with

elementary and middle school students. Jeanine is the mother of three children, one of whom suffers from emotional dysregulation and mental illness. Jeanine Penzo lives in Newton, MA.

Interview Questions

1. In your experiences, what has been most helpful in guiding parents out of a framework of blame and fault? How does the term “effective” parenting fit into this framework?
2. What is the importance of mindfulness to effective parenting?
3. You discuss the concept of validation throughout the book. What makes this so important?
4. Can you talk about the importance of understanding the sources of our emotions, as you term it: “The Story of Emotion”?
5. What are some ways for parents to help their children express and manage their emotions and how will this aid in the relationship between parent and child?
6. Can you talk about how to balance validating a child’s emotions, and maintaining expectations, limits, and routines?
7. How do these skills help parents advocate for their children with schools and in other places?
8. What are some techniques that parents can use when they and their children are faced with frustration, anxiety and/or emotionally charged situations?
9. How should parents respond to other family members who do not approve of these techniques?
10. How can they respond to the needs of “healthier” siblings?

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