

# *Oppositional Defiant Disorder*

Also referred to as the “strong-willed child” or difficult child when behaviors are less severe on a continuum.

These children may experience difficulty with changes and transitions. They may appear inflexible and exhibit a low frustration tolerance, making them that much more challenging.

It is hard for these children to understand and accept the word “No.” They continue to test their parent’s limits.

In its more extreme form, children express their reactions via temper tantrums, rages, explosiveness, and sometimes violence.

Strong-willed children may experience difficulty in social relationships, often wanting to control them.

Parents often end up feeling tired, ineffective, angry, and often experience their own loss of control.

Consultation is aimed at redefining the rules, maintaining respect at all times, developing a program of natural consequences and reinforcement of positive behaviors. Children and parents will both feel more in control.

Courtesy of:

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