Oppositional Defiant Disorder/Conduct Disorder

Best-Practice Intervention Strategies*

- Train parents in behavior modification techniques
- Confirm diagnosis to rule out similar diagnoses that mimic ODD symptoms
- Review parenting techniques to assess effectiveness of training
- Monitor medications if prescribed for co-morbidity (e.g., ADHD, Depression)
- Develop effective problem-solving skills
- Develop appropriate assertiveness skills
- Increase anger management skills
- Assist parents in developing contracts/reward system for positive behavior
- Increase acceptance of responsibility for behaviors
- Decrease impulsivity and identify alternate appropriate behaviors
- Maintain communication between all contexts: parents, school, and community

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Members with speech or hearing disabilities call 1-800-743-3333 for TTY/TDD.

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** Compiled by Cenpatico from multiple sources; citations available upon request. Last Updated 1/27/11*

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