

# Parenting a Teen Who Has Intense Emotions

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DBT Skills to Help Your Teen Navigate  
Emotional & Behavioral Challenges

Includes  
step-by-step  
guidance for  
responding to  
problematic  
behaviors

PAT HARVEY, ACSW, LCSW-C  
BRITT H. RATHBONE, MSSW, LCSW-C



Pat Harvey

## Parenting a Teen Who Has Intense Emotions: DBT Skills to Help Your Teen Navigate Emotional and Behavioral Challenges



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After all, honing skills for emotion regulation will become a foundation for your teen's overall mental health. This much-needed publication will give you the tools needed to help your teen regulate his or her emotions. If you're at your wit's end and are looking to end the drama while keeping yourself sane in the process, this publication will be your guideline. The teen years could be daunting for any parent. But if you're the parent of a teen who lashes out or participates in troubling behavior, you may be unsure of how exactly to respond to your son or daughter in a compassionate, constructive way. This book can help your teen gain knowing of their emotions, and will be offering tools to help them choose how exactly to respond to these emotions in effective methods. Helping your child to effectively cope with their feelings right now can have a lasting, positive effect on their future. Parenting a teenager with intense emotions can be extremely difficult. In this important book, two renowned experts in teen mental health offer you evidence-based skills for coping with your teen's out-of-control emotions using proven-effective dialectical behavioral therapy (DBT). In addition, you'll find out the skills for managing your own reactions so that you can survive these difficult years and help your child thrive. This is a must-read for just about any parent!



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Offers the right strategies. True, there is nothing in particular that was earth-shattering, but you can find easy to read reminders that made life in our household much more bearable. Ordered designed for my granddaughter on her behalf office. This is an excellent book for teens who are intense, also for parents who are experiencing a hard time staying calm with their teens. I recommend for parents. Excellent book for parenting teens I begin this book on suggestion from our therapist, and I cannot adequately express how helpful it had been. A good support for DBT Therapy This books explains many emotions that our children may be experiencing, and support and coaching. Browse this book alongside DBT therapy to maximize skills. There is no perfect way to parent teens, but that is an easy to read book that may give parents the right strategies. Certain children are wired in different ways and there cannot be a one size fits all method of parenting. It offers the parents solid advice in speaking with their teens, and seeing stuff from their perspective. It also explains to parents how to use simple DBT exercises to help be aware of how they are feeling, and what to do when they want to escalate making use of their teen. Five Stars A must browse for parents going through this with their teenager Easy to read guide for parents and/or counselors helping parents of teens We am a counselor and work with kids, teens and family members. I intend to utilize it to as a teaching device for a few of my parents who are having difficulty remaining relaxed when their teenagers escalate. Just what I was looking for. I think all parent she should read this I found this book very helpful in talking to my teen. I desire the book had a lot more info and suggestions which isn't why I just gave 4 stars. Readable and makes sense. Excellent advice Most helpful book I have come across yet for advice on parenting a difficult teen. Refreshing to learn that I am not a bad mother or father but my children are emotionally different. Definitely worth reading before, during participation with debt group or in the event that you just want to learn more about it. I really valued the case illustrations. Very helpful Very practical book. Validated what I am going through This book was interesting in that it validated the approach I had taken with my oldest child. Ordered for my granddaughter for her office.



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