

The background of the cover is a bright blue sky with soft white clouds. In the upper left, there are several interlocking gears of different sizes and colors, including yellow, orange, and red. In the upper right, a red rocket with a white circular window is shown launching upwards, leaving a long, white, billowing trail of smoke behind it.

# The Challenging Child Toolbox

75 Mindfulness-Based Practices,  
Tools and Tips for Therapists

Mitch Abblett, PhD

Mitch Abblett

## The Challenging Child Toolbox: 75 Mindfulness-Based Practices, Tools and Tips for Therapists



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Mitch Abblett has created the remedy with a new guide that may take you step-by-step through mindfulness-structured principles, pointers and best practices to ease your projects and dramatically improve the lives of kids and their families. Dr. Working with resistant, oppositional, emotionally dysregulated, and angry kids could be exhausting, annoying and leave clinicians sense burnt out. - Build trust with tough-to-connect with kids - Improve distress tolerance, emotion regulation and relaxation abilities - Heal the anxiousness, trauma reactivity and depression-related problems which cause behavioral issues - Ways of make every intervention more effective and impactful - Scientifically-grounded mindfulness and positive psychology-focused tools



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