



The Kazdin Method for Parenting the Defiant Child

Alan E. Kazdin

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A lifesaving handbook for parents of children who are occasionally, or too often, “out of control” Includes a bound-in twenty-minute DVD featuring Dr. Kazdin and his staff illustrating key concepts of the Kazdin Method Most child-behavior books are filled with advice that sounds reasonable, fits with what parents already believe about child-rearing, and is—as Dr. Kazdin proves— guaranteed to fail. The Kazdin Method for Parenting the Defiant Child makes available to parents for the first time Dr. Kazdin’s proven program—one backed up by some of the most long-term and respected research devoted to any therapy for children.

Kazdin shatters decades’ worth of accumulated myths about tantrums, time-outs, punishments fitting the crime, and much more. With the practicality of Ferber and the warmth of Brazelton, Kazdin leads parents through every step of the Kazdin Method in action—how to use tone of voice, when and how to touch, how to lead your child in a “practice” session, how to adjust your approach for different-age children, how to involve siblings, and more. The program is temporary, but the results are permanent—for very young children, adolescents, and even beyond.

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