

Common Core Elements of Evidence-Based Practices for Children with Disruptive Behavior Problems and Their Parents/Caregivers

Provided either to Youth, Parents/Caregivers, or Both

- Principles of Positive Reinforcement, and How to Implement It
- Principles of Effective Limit Setting and How to Implement It
- Parent-Child Relationship Building
- Teaching Practical Problem Solving Skills
- Teach Anger Management
- Affective Education
- Training in How to Anticipate and Cope with Setbacks
- Role Playing or Behavioral Rehearsal
- Modeling
- Debriefing or Review of What Did and Did Not Work
- Providing Information and Resources

Source: Garland, et al, reported in the *Journal of the American Academy of Child and Adolescent Psychiatry*, May 2008