TREATMENT PLAN FOR OPPOSITIONAL DEFIANT DISORDER


DIAGNOSTIC SUGGESTIONS:

Axis I:
- 312.81 Conduct Disorder / Childhood-Onset Type
- 314.9 Attention-Deficit / Hyperactivity Disorder NOS
- 314.01 Attention-Deficit / Hyperactivity Disorder, Predominantly Hyperactive-Impulsive Type
- 312.9 Disruptive Behavior Disorder NOS
- 313.81 Oppositional Defiant Disorder
- V62.81 Relational Problem NOS
- 312.82 Conduct Disorder / Adolescent-Onset Type

BEHAVIORAL DEFINITIONS
1. Pattern of negativistic, hostile, and defiant behavior toward all adults.
2. Acting as if parents, teachers, and other authority figures are the enemy.
3. Temper tantrums (e.g., screaming, crying, throwing objects, thrashing on ground, or refusing to move) in defiance of direction from an adult caregiver.
4. Constant arguing with adults.
5. Defying or refusing to comply with requests and rules even when they are reasonable.
6. Deliberate annoyance of people and susceptibility to annoyance from others.
7. Blaming others for his/her mistakes or misbehavior.
8. Consistent display of anger and resentment.
9. Frequent display of spite or vindictiveness.
10. Significant impairment in social, academic, or occupational functioning due to obstreperous behavior.

LONG TERM GOALS
1. Markedly reduce the intensity and frequency of hostile and defiant behavior toward adults.
2. Terminate temper tantrums and replace them with calm, respectful compliance with adult directions.
3. Begin to consistently interact with adults in a mutually respectful manner.
4. Bring hostile, defiant behavior within socially acceptable standards.
5. Replace hostile, defiant behavior toward adults with respect and cooperation.
6. Resolve the conflict that underlies the anger, hostility, and defiance.
7. Reach a level of reduced tension, increased satisfaction, and improved communication between the client and his/her family.

SHORT TERM OBJECTIVES
1. Develop a working relationship with the therapist in which the client openly shares thoughts and feelings.
2. Decrease the frequency and intensity of hostile, negativistic, and defiant interactions with parents and other adults.
3. Identify how the client would like to be treated by his/her parents and other adults.
4. Develop the ability to verbalize the connection between feelings and behavior.
5. Increase the ability to identify and verbalize what he/she needs from the parents or other adults.
6. Increase the frequency of civil, respectful interactions between the client and his/her parents or other adults.
7. Identify angry feelings, the object of the anger, and the reasons for it.
8. Show verbal recognition of what is acceptable and unacceptable behavior in the family and the consequence of being exiled unless the behavior is kept within these limits.
9. The client and his/her parents reinforce each other positively and ignore inappropriate behaviors.

10. The parents develop clear boundaries and behavioral expectations for the client and implement specific consequences when any are violated as well as rewards when they are respected.

11. The parents provide corrective social interaction for the client.

12. The parents develop, implement, and administer a behavior modification contract with the client.

13. The client and his/her family comply by implementing the strategic, structural, or other directives prescribed by the therapist.

**THERAPEUTIC INTERVENTIONS**

1. Facilitate a family session in which the family is sculpted as they are (Satir). Process the experience with the family, then sculpt them as they would like to be.

2. Process with the client his/her negative, hostile, and defiant behaviors and then offer a paradoxical interpretation or reframing for each (e.g., "Do you want Mom to put you in time-out more often?").

3. Facilitate family therapy sessions in which the issues of respect, cooperation, and conflict resolution are addressed and possible solutions are reached and implemented.

4. Assist the client in becoming able to recognize feelings and express them in constructive, respectful ways.

5. Monitor the parents' use of the new reinforcement techniques, giving feedback and suggesting adjustments as needed.

6. Encourage the client to verbalize in individual sessions the sources of negative, hostile feelings in an open, accepting, and understanding manner.

7. Conduct a family session in which the family is given a task or problem to solve together (a craft or an exercise such as making a coat of arms or a collage). Observe and then process what the experience was like for them.

8. Focus the family sessions on any marital or parenting conflict that underlies the client's behavior. Work with his/her parents in conjoint sessions to begin to resolve their issues.

9. Use a family-systems approach in individual sessions with the client to assist in understanding the family from a different perspective and move him/her toward disengaging from the dysfunctional family dynamics.

10. Assist the parents in defining acceptable and unacceptable behaviors for the client and in developing time-outs (either a set amount of time or until behavior is under control) to reinforce these limits.

11. Help the parents to develop and implement a behavior modification contract with the client in which appropriate behaviors would be rewarded with money or special privileges (e.g., attend an event, go on a family outing) and inappropriate behaviors would result in fines (e.g., loss of money or privileges).

12. Instruct the parents to reduce their own unproductive over-verbalizations to the client, ignore abusive/negative behaviors, and use positive and negative reinforcement techniques.

13. Actively build the level of trust with the client in individual sessions through consistent eye contact, active listening, unconditional positive regard, and warm acceptance to help increase his/her ability to identify and express feelings.

14. Monitor the intervention and make adjustments as necessary to ensure its success.

15. Conduct family sessions during which the family system and its interactions are analyzed. Develop and implement a strategic, structural, or experiential intervention.

16. Monitor the parents' follow-through on administering the behavior modification contract and/or time-outs. Give feedback, support, and praise as appropriate.

17. Conduct family sessions during which the therapist models child-rearing techniques for the client's parents.
18. Help the parents clarify and communicate to the client what is acceptable and unacceptable behavior in the family. Then implement a consequence of temporary exile from the family (i.e., withdrawal of interactions and privileges when unacceptable behavior is exhibited). Interaction and privileges are instituted only as a result of acceptable behavior.

19. Videotape a family session, using appropriate portions to show the destructive family interaction patterns and to develop more respectful patterns to implement.

20. Review with the client the basics of treating others respectfully. Then ask him/her to treat everyone in a respectful manner for one week. Monitor and process the experience.

21. Probe the feelings associated with defiance to help the client make connections between feelings and behaviors.

22. Use a therapeutic game (Talking, Feeling, Doing or The Ungame) to expand the client's self-awareness.