

**Oppositional Defiant Disorder (ODD)** is when a child shows a pattern of angry/irritable mood, argumentative/defiant behavior, or vindictiveness which lasts at least six months.

Symptoms of ODD include the following:

- loses temper
- is touchy or easily annoyed
- is angry and resentful
- argues with authority figures or with adults
- actively defies or refuses to comply with requests from authority figures or with rules
- deliberately annoys others
- blames others for his or her mistakes or misbehaviors

#### **What causes ODD?**

The cause is unknown; however, it could be a combination of biological, genetic, and environmental factors.

#### **How do I know if my child meets criteria for ODD?**

If your child shows some or all of these symptoms please call or schedule an appointment with one of our therapists at Luzio & Associates Behavioral Services. A psychological evaluation can also be completed at this office to determine if ODD is the correct diagnosis for your child.

#### **Additional factors to consider...**

Children exhibit temper tantrums and can be defiant without meeting criteria for ODD. Talk to you or your child's therapist to determine the difference between age appropriate defiance and anger and ODD symptoms.

#### **Treatment options:**

- *Psychotherapy* – Therapy includes teaching your child better coping skills to process their anger, problem solving skills, and develop more appropriate ways to express their emotions. Family therapy can include improving the communication among family members and developing alternative consequences to use in the home setting for defiant behaviors.
- *Medication* - While there is no specific medication used to treat ODD, your child's primary care physician may prescribe medications to help treat your child's symptoms.

For more information on Oppositional Defiant Disorder please talk with you or your child's therapist or call to schedule an intake with one of the therapist in our office.

#### *What's new at Luzio?*

*We would like to welcome Floyd Wally Cole. Dr. Cole graduated from The University of Memphis with a PhD and earned a Master of Science and Bachelor of Science at the Emporia State University.*

*We are very excited to have Dr. Cole join our team of energetic professionals!*

*WELCOME !!!*

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