



Parenting a Troubled Teen: Manage Conflict and Deal with Intense Emotions Using Acceptance and Commitment Therapy

Patricia E. Zurita Ona PsyD

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Raising a teen is tough—especially when your teen has trouble regulating their emotions and lashes out. This groundbreaking book will give you the tools you need to stop unwittingly reinforcing your teen's bad behavior, reduce conflicts, and get your teen on track with the things that really matter.

If you have a teen who experiences extreme emotions, either as a result of a mental health diagnosis such as borderline personality disorder (BPD), bipolar disorder, or simply because you have a highly emotional teen, you probably need help right now. Parenting a teen comes with its own challenges, but when your teen acts out you may feel like you are at your wits end. To make matters worse, you may have difficulty managing your own emotions and responses.

Written by an expert in teen mental health, *Parenting a Troubled Teen* is based in proven-effective acceptance and commitment therapy (ACT). In the book, you'll find the tools you need to parent your troubled teen, pay attention to your own reactions, and put an end to the cycle of conflict that has taken over your home. In this book, you'll learn to observe the thoughts, feelings, and physical sensations that drive your own parenting behaviors, and how these behaviors can impact your teen.

This is not a book about how to be a perfect parent. Everyone makes mistakes and reacts negatively to a situation from time to time. But if you're committed to improving your relationship with your teen, helping them take charge of their emotions, and ending family conflict, this practical guide will show you how.

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