**HOW IS CONDUCT DISORDER TREATED IN A CHILD**

Treatment will depend on your child’s symptoms, age, and general health. It will also depend on how severe the condition is.

**Treatment for conduct disorder may include:**

1. Cognitive-behavioral therapy. A child learns how to better solve problems, communicate, and handle stress. He or she also learns how to control impulses and anger. Cognitive behavioral therapy is sometimes used to help an individual manage impulsive behaviors and deal with stress with positive coping strategies.
2. Family therapy. This therapy helps make changes in the family. It improves communication skills and family interactions. Family therapy can help family members communicate more effectively and also help parents learn strategies for de-escalating conflict with their child. Family therapy can also help reduce risk factors that lead to antisocial behaviors in the child.
3. Peer group therapy. A child develops better social and interpersonal skills. Group therapy with the child or teen’s peers is also sometimes used to help them develop interpersonal skills and behaviors that foster empathy.
4. Parent management training: The goal of this therapy is to train the child’s parents to set consistent discipline with proper rewarding of positive behaviors.
5. Psychotherapy: “Psychotherapy” is a term for a variety of treatment techniques that aim to help a person identify and change troubling emotions, thoughts and behaviors. Working with a mental health professional can provide support, education and guidance to the person and their family. Psychotherapy for conduct disorder usually needs to target family life and school with a focus on improving family dynamics, academic functioning and improving your child’s behavior in the context of various environments.
6. Anger management training: The goal of anger management is to reduce both your child’s emotional feelings and the physiological arousal that anger causes. You can’t get rid of or totally avoid the things or people that make them angry, so anger management training teaches your child how to control their reactions.
7. Individual psychotherapy, such as cognitive behavioral therapy: Individual therapy for a child with conduct disorder focuses on developing problem-solving skills, strengthening relationships by resolving conflicts and learning skills to decline negative influences in their environment.
8. Community-based treatment: This treatment involves therapeutic schools and residential treatment centers that can provide a structured program to reduce disruptive behaviors.
9. School support is another important part of treatment for conduct disorder. For children and teens in school, a team of people will be assembled to help your child with conduct disorder. This team typically involves school counselors, school psychologists, social workers, administrators, and others. If your child is diagnosed with conduct disorder, they may qualify for an Individualized Educational Plan (IEP) or a 504 plan, which can provide them with the needed accommodations to ensure their academic and social success at school.