

Oppositional Boys Group

Ages 8-10

Is your son impulsive, disrespectful, rude, or defiant?

Is he physically aggressive with his siblings, friends, or classmates?

Does he lack empathy for others?

Group Topics

- ◆ Understanding and labeling complex emotions
- ◆ Learning the difference between fear, anger, shame, guilt, and frustration.
- ◆ Acquiring skills to help self-soothe and calm down
- ◆ Problem solving skills
- ◆ Trigger identification
- ◆ Recognizing and respecting consequences
- ◆ Anger and frustration management

Parents are asked to attend the 1st, 6th, and 12th meetings. In these sessions, parents will learn how to set non-negotiable rules around the house. We will also discuss boundaries, and the importance of keeping punishments clear, concise, and consistent. Behavioral plans will be developed for each child based on their specific needs.

Group Information

Date:	Every Tuesday, Starting May 17
Time:	4:00-5:00 PM
Location:	The Tarnow Center 1001 W. Loop S., Ste. 215
Contact:	713-621-9515 Caitlin@tarnowcenter.com
Fee:	\$80 Per Session
Clinician:	Caitlin Bailey, M.Ed., LPC



If you have any questions or would like to schedule an appointment, please call Caitlin Bailey at 713-621-9515.