



*ask the
internet therapist*

AskTheInternetTherapist.com Newsletter August 2004

Featured Sample Email

Oppositional Defiant Disorder or ODD

By Joyce M. Willis, MC, CPC

Hello Z.,

Thank you for inquiring about Oppositional Defiant Disorder. I will explain what I can about the disorder. You state that you have it, yet don't seem to consider it a hindrance in your day to day living. I appreciate your interest in wanting to learn more about this disorder.

According to the DSM-IV-TR, (which is the manual for the American Psychiatric Association), Oppositional Defiant Disorder is a recurring pattern of negativistic, defiant, disobedient and hostile behavior towards authority figures that persists for at least 6 months. This disorder is characterized by the frequent occurrence of at least four of the following criteria:

1. often loses temper
2. often argues with adults
3. often actively defies or refuses to comply with adults' requests or rules
4. often deliberately annoys people
5. often blames others for his or her mistakes or behaviors
6. is often touchy or easily annoyed by others
7. is often angry and resentful
8. is often spiteful or vindictive

The DSM-IV-TR also points out that a criterion is met only if the behavior occurs more frequently than is typically observed in individuals of comparable age and developmental level.

Examples of negativistic and defiant behaviors are persistent stubbornness, resistance to directions, and unwillingness to comprise, give in or negotiate with adults or peers. Defiance may also include deliberate or persistent testing of limits, usually ignoring orders, arguing, and failing to accept blame for misdeeds. Hostility can be directed at adults or peers and is shown by deliberately annoying others or verbal aggression. The behaviors associated with this disorder are often more present in the home setting and may or may not be present in school or work settings. Symptoms of the disorder are typically more evident in associations with adults and peers whom the individual knows well. Usually individuals with this disorder do not

regard themselves as oppositional or defiant, but justify their behavior as a response to unreasonable demands or circumstances.

The disorder is more prevalent in males than in females before puberty, but the rates appear to be equal after puberty. The number of oppositional defiant symptoms tends to increase with age. Oppositional Defiant Disorder usually becomes evident before 8 years of age and usually no later than early adolescence. The oppositional symptoms often emerge in the home setting, yet over time may appear in social, school and work settings. Oppositional Defiant Disorder appears to be more common in families in which at least one parent has a history of a Mood Disorder, ODD, Conduct Disorder, or a Substance-Related Disorder.

The goals of treatment for ODD are:

- to begin to develop and demonstrate a healthy sense of respect for social norms, the rights of others and the need for honesty
- to improve the method of relating to the world, especially authority figures; be more realistic, less defiant and more socially sensitive.

I hope this helps you understand ODD better. One interesting thing about ODD is that often the person with this disorder does not consider it a disorder or does not see themselves as oppositional or defiant. My hope is that you will look at this honestly and consider talking to a counselor or other mental health professional so that you can prepare for adulthood in a more relaxed, realistic way.

Joyce M. Willis, MC, CPC

Featured Therapist **Joyce M. Willis, MC, LPC, DCC**



I received my BS in Education from The University of Akron in Akron, Ohio. After a career of 17 years as a teacher in Houston and Phoenix, I changed careers and earned my Masters Degree in Counseling from the University of Phoenix in Phoenix, Arizona. My passion is helping people and I devote my life to counseling adults in general mental health issues - especially in the areas of substance abuse and grief. I have been a counselor for 10 years - working mainly with adults with such issues as depression, anxiety, low self-esteem, anger management, and relationship issues. I, also, have much experience working within the areas of Substance Abuse treatment and Grief Counseling. I have worked with both adolescents and adults with substance and drug abuse treatment needs.

I have spent the last 5 years as a counselor and Clinical Supervisor at an agency that specializes in substance and drug abuse treatment as well as General Mental Health issues. Also, I have earned certification as a Level I Bereavement Specialist - thus I have experience with grief and loss issues.

I am a National Certified Counselor as well as a Licensed Professional Counselor in the state of Arizona. I volunteer with a local fire department by going out on calls to help with crisis situations, so my experience in grief issues and drug abuse treatment comes in handy in my volunteer work. I am available through e-mail in the evenings after 6:30 PM and on some weekends. Please refer to my calendar for further information about my availability.

[Visit Joyce's Page!!](#)

Email Joyce at joyce@asktheinternettherapist.com

August Contest Winner

Congratulations to Susan L. She is our August 2004 winner and she picked the Sleep – Beach Tape. Enjoy Susan L.

Featured Product Practice Safe Stress with the "Stress Doctor"™

PRACTICE SAFE STRESS

with the "Stress Doc"™

*Healing and Laughing in the Face of
Stress, Burnout, & Depression*



A Personal, Professional, and Organizational Guide

Mark Gorkin, LICSW, the "Stress Doc"

AMERICA ONLINE's "Online Psychohumorist"™

The psychology book *Practice Safe Stress* tackles the "Toxic-Traumatic Trio" - stress, burnout, and depression. Learn practical and playful, inspiring and insightful strategies for transforming these toxins into life-affirming energy, creative focus, and goal-achievement. The book is alive with imaginative language and memorable "how to" ideas for:

- Understanding the "four Stages of Burnout" the "Erosive Spiral"
- Rebuilding your fire and developing "Natural Speed"
- Achieving liberation through "Emancipation Procrastination"
- Reducing conflict as a healing or motivational "psychohumorist"™

There are satirical essays on "lean-and-**MEAN**" managers and on mismanaged downsizings. Learn to "laugh in the face of layoffs" and ponder the possibility of "Van Gogh, Prozac, and Creativity." The Stress Doc™ also shares his

own trials, errors, and triumphs in battling the "Toxic Trio."

Safe Stress provides many discrete "Top Ten" lists and "strategic tips" essays useful as educational/informational handouts. To quote the *Internet Newsroom: Your Guide to the World*

of Electronic Factgathering: "The most outstanding feature... is his 'psychohumor' essays. Always witty, thought-provoking and helpful." With his essay-to-follow, fast paced, and fun health and wellness guide, you'll return often to *Practice Safe Stress*.

Special Note

As you have already seen, all of our videos are digitally re-mastered and are available on VHS and DVD. Although we still have some of the old videos, which we are selling for \$25.00 each to make room for more of the new, digitally re-mastered ones. They are available at the price above only by calling 1-800-881-7693 and placing an order over the phone. **Hurry before they are all gone!** (This offer is available only for the *Love Addiction, Communication Assertiveness, Post Traumatic Stress Disorder, Chemical Dependence, Co-dependence, and Dysfunctional Families* videos).

Be sure to utilize our **free** discussion boards. These forums are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder, Relationships, Veterinary Concerns, and Depression. You might find useful information in the various topics. These forums are usually monitored by our clinicians in a weekly basis.

As you are probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

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*We believe better health
begins with better Mental Health.*
Jef Gazley M.S.

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