



# **The 4 Step C.A.R.E. Method of Conflict Management: A Workbook for Parents Raising Chronic Conflict Children & Youth**

*Dr. Brenda McCreight PhD*

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# The 4 Step C.A.R.E. Method of Conflict Management: A Workbook for Parents Raising Chronic Conflict Children & Youth

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## **The 4 Step C.A.R.E. Method of Conflict Management: A Workbook for Parents Raising Chronic Conflict Children & Youth** Dr. Brenda McCreight PhD

You've tried therapy for yourself, for your child and for your family. You've tried support groups and support workers. You've tried medications and alternative health practices. Still, the rages and tempers continue and your family lives in fear of the next emotional outburst. When change doesn't occur, it's time to stop trying to change the child and the situation and start managing the conflict. The C.A.R.E. Method of Conflict Management for Chronic Conflict for Children & Youth won't \*fix\* the cause of the emotional dysregulation, but it will help the parents to manage and reduce the outbursts and will help create a calmer and more positive family life.

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