



Reflective Interpersonal Therapy for Children and Parents: That Child! A New Way of Helping Parents and Children with Extreme Conduct Disorder

Hermione Roff

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Disruptive and aggressive behaviour in children causes significant distress to everyone involved. Traditional interventions tend to focus on changing the disruptive behaviour itself, but research shows that it is important to also focus on the underlying anxiety, anger and vulnerability that may have contributed to the child's conduct. In this innovative book, Hermione Roff introduces *Reflective Interpersonal Therapy for Children and Parents (RICAP)*, a new intervention that looks at the processes underpinning disruptive and aggressive behaviour problems. RICAP was developed specifically to meet the needs of children and their families, and offers a new way to think about and tackle conduct disorders. The intervention explores the relationship between anxiety and anger, the dynamics of threat and fear, and the behavioural interactions within a prime relationship. Taking a practitioner-oriented approach, Roff introduces the theory underpinning RICAP, the evidence base for the approach and how it can be put to work in clinical practice.

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