

Conduct disorder
in the classroom:
strategies for success

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Outline

- Diagnostic criteria
- Prevalence
- Comorbidity
- Classroom tools

Diagnostic criteria

- Repetitive, persistent pattern of:
 - violation of basic rights of others
 - violation of age-appropriate social norms

Diagnostic criteria

- Must meet 3 of 15 criteria in past 12 months
- aggression against people or animals
- destruction of property
- deceitfulness or theft
- Serious rule violations

Diagnostic criteria

- Not better explained by resistance to oppressive systems or abuse
- Causes clinically significant impairment in social, educational, or occupational functioning

Diagnostic criteria

- Specifications
- Age of onset: childhood, adolescence
- Severity: mild, moderate, severe

Prevalence

- 2-9% (child/adolescent onset)
- Gender differences
- Higher in lower socioeconomic strata
- Validity of diagnosis...

Comorbidity

- 50% meet criteria for ODD (overlap)
- 35% meet criteria for a mood d/o
- 50% meet criteria for ADHD

Goals

- Ask for assessment --> IEP
- Collaborate on IEP implementation
- Observe and troubleshoot
- Manage your classroom...

Classroom tools

1. Resource management
2. Breathwork
3. Resetting
4. Role assignment
5. PE! PE! PE!
6. Social competence training

Resource management

- Activity/free time resources
- Spacing of the room
- Arrange and sort

Breathwork

- Builds impulse control, regulates heart rate
- Examples
 - 8-12 counts
 - Music education: voice and wind
 - Blowing bubbles
 - Blowing up balloons
 - Blowing out candles?

Resetting

- Builds impulse control, behavioral inhibition, parasympathetic function
- Examples
 - Rewind
 - Thoughtful place
 - Red light/green light etc ***

Role assignment

- Builds alternate scripts, impulse control
- Examples
 - Hat of the day
 - Line leader, etc. rotation
 - School play methodology

Vigorous exercise

- Expend energy; builds parasympathetic function, thermostatics
- Examples
 - Cardiovascular elevation and reset
 - Climbing
 - Link to breathwork

Social competence

- Social problem solving
 - moderate positive effect
- Empathy/perspective taking training
 - Mixed findings
 - Gender moderates effectiveness
 - Better: logical consequences/token economy