

Brief Treatment Clinic
Department of Behavioral Psychology

Are You Feeling Like You're "Walking on Eggshells"?



Discover a New Way to DEEAL with Stress and Challenging Behavior.

Raising a child with problematic behaviors is incredibly tough. Many parents find themselves stuck in the "**Accommodation Trap**," changing every routine, avoiding public places, and giving up on valued activities just to prevent the next outburst.

If you feel like your world is getting smaller and your stress levels remain high even when things are "quiet," the **DEEAL Program** is here for you.

What is DEEAL?

DEEAL is a unique, parent-focused approach designed to be used alongside your child's existing behavior plan. It stands for:

- **Defuse:** Learn to unhook from overwhelming parenting stress and other emotions that move you away from valued living.
 - **Experience:** Be willing to stay present and in the moment, even when things feel unpleasant, so that you can take stock of all your available resources.
 - **Accept & Activate:** Accept that stress may be part of the journey while choosing to take small, manageable steps toward the life you want.
 - **Live:** Start living a life aligned with your personal values again.
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Why Join This Program?

While behavior plans focus on the child, **DEEAL focuses on YOU.**

- **Break the Cycle:** Learn to interrupt unhelpful patterns of avoiding and accommodating.
 - **Reclaim Your Life:** Identify "accommodation targets"—the places and activities you've given up—and learn strategies to start enjoying them again.
 - **Long-Term Change:** Make a "deal" with yourself: exchange the temporary experience of stress for long-term, meaningful behavior change for your whole family.
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Program Details

- **Structure:** Work **one-on-one** with a licensed psychologist.
- **Duration:** One session per week for **ten consecutive weeks.**
- **Goal:** Move from "avoiding outbursts" to "valued living" while increasing adherence to your child's behavior plan.