



## 10 brain-based strategies to help children handle their emotions /

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In this video, best-selling author Tina Payne Bryson (co-author with Dan Siegel of *The Whole-Brain Child*) discusses how to increase the effectiveness of your treatment by working with parents to reduce the backwards steps taken when a child leaves the therapy office or classroom. Using stories, case examples, and plenty of humor, Dr. Bryson explains ten simple, scientifically-grounded strategies that will help children handle their emotions and make better decisions - even in high-stress moments. You will learn how to accurately assess a child's temperament and the key questions to provide a great understanding of family dynamics and parenting styles. Walk away from this video with the tools to improve outcomes by working more effectively with the entire family as part of the process

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**Título:** 10 brain-based strategies to help children handle their emotions presented by Tina Payne Bryson

**Editorial:** Eau Claire, WI PESI Inc. 2013

**Descripción física:** 1 online resource (92 minutes)

**Duración:** 013124

**Nota general:** Title from resource description page (viewed August 18, 2017)

**Lengua:** In English

**Materia:** Child psychology Emotions in children Child development Parenting

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