This first-of-a-kind, easy-to-use manual describes practical, family-oriented approaches for the evaluation and management of common behavioral and interaction problems that are often resistant to child-centered approaches. These problems—e.g., tantrums, sleep problems, non-compliance, parent-child conflict, parenting disagreements, and social-emotional complications of ADHD and learning problems—affect and/or arise in the family. Physicians, nurse practitioners, psychologists, and school counselors can implement these techniques in the office, specifically how to: identify problems suitable for a family-oriented approach, conduct family meetings, help families improve their communication and adaptive behaviors, deal with disappointments and difficult families, support parents, code and document for reimbursement, and make a mental health referral.