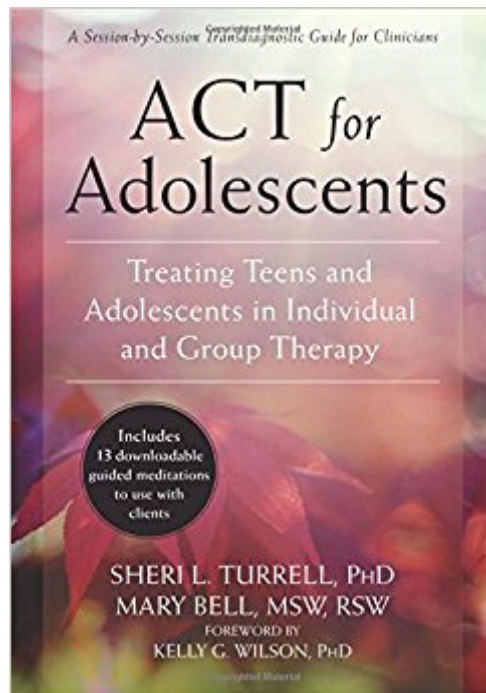


The book was found

ACT For Adolescents: Treating Teens And Adolescents In Individual And Group Therapy



Synopsis

In this much-needed guide, a clinical psychologist and a social worker provide a flexible, ten-week protocol based in acceptance and commitment therapy (ACT) to help adolescents overcome mental health hurdles and thrive. If you're a clinician working with adolescents, you understand the challenges this population faces. But sometimes it can be difficult to establish connection in therapy. To help, ACT for Adolescents offers the first effective professional protocol for facilitating ACT with adolescents in individual therapy, along with modifications for a group setting. In this book, you'll find invaluable strategies for connecting meaningfully with your client in session, while at the same time arriving quickly and safely to the clinical issues your client is facing. You'll also find an overview of the core processes of ACT so you can introduce mindfulness into each session and help your client choose values-based action. Using the protocol outlined in this book, you'll be able to help your client overcome a number of mental health challenges from depression and anxiety to eating disorders and trauma. If you work with adolescent clients, the powerful and effective step-by-step exercises in this book are tailored especially for you. This is a must-have addition to your professional library. This book includes audio downloads.

Book Information

Paperback: 280 pages

Publisher: Context Press; 1 edition (May 1, 2016)

Language: English

ISBN-10: 1626253579

ISBN-13: 978-1626253575

Product Dimensions: 7 x 0.7 x 9.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars Â Â See all reviews Â (1 customer review)

Best Sellers Rank: #222,059 in Books (See Top 100 in Books) #27 in Â Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #601 in Â Books > Medical Books > Psychology > Child Psychology #933 in Â Books > Textbooks > Social Sciences > Psychology > Psychotherapy

Customer Reviews

Turrell and Bell present a clear, respectful, and fun way to bring Acceptance and Commitment Therapy to adolescents. The book is filled with practical exercises, and also transcripts that nicely illustrate how to have compassionate conversations with youth. Over a decade ago, when ACT was

just taking off, I heard Albert Ellis say that ACT would only be understandable only to people with an IQ over 130. Since that time, there has been great progress in making ACT simpler. ACT for Adolescence is another step important step forward. If you do mindfulness-based or values work with young people, this book is a must read..

[Download to continue reading...](#)

ACT for Adolescents: Treating Teens and Adolescents in Individual and Group Therapy Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) Group Work with Adolescents, Third Edition: Principles and Practice (Clinical Practice with Children, Adolescents, and Families) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Treating Visceral Dysfunction: An Osteopathic Approach to Understanding and Treating the Abdominal Organs Three One Act Comedies for Teens: Back Stage, The Dating Habits of Teenage Nerds & Double Double Hospital in Trouble What Works with Teens: A Professional's Guide to Engaging Authentically with Adolescents to Achieve Lasting Change Headache and Your Child: The Complete Guide to Understanding and Treating Migraine and Other Headaches in Children and Adolescents Understanding, Diagnosing, and Treating ADHD in Children and Adolescents: An Integrative Approach (Reiss-Davis Child Study Center, Volume 3) Treating Traumatic Stress in Children and Adolescents: How to Foster Resilience through Attachment, Self-Regulation, and Competency Treating Complex Trauma in Adolescents and Young Adults Treating Bulimia in Adolescents: A Family-Based Approach ACT LIKE A LADY, THINK LIKE A MAN:By Steve Harvey:Act Like a Lady, Think Like a Man: What Men Really Think About Love, Relationships, Intimacy, and Commitment [Hardcover] 1st Edition The ADA Companion Guide: Understanding the Americans with Disabilities Act Accessibility Guidelines (ADAAG) and the Architectural Barriers Act (ABA) Case Studies in Special Education Law: No Child Left Behind Act and Individuals with Disabilities Education Improvement Act Barron's ACT with CD-ROM (Barron's Act (Book & CD-Rom)) The College Panda's ACT Essay: The Battle-tested Guide for ACT Writing Americans with Disabilities Act of 1990, Incorporating the Changes made by the ADA Amendments Act of 2008 The Essential Guide to the ACT Matrix: A Step-by-Step Approach to Using the ACT Matrix Model in Clinical Practice Infants, Children, and Adolescents (Berk & Meyers, The Infants, Children, and Adolescents Series, 8th Edition)

[Dmca](#)