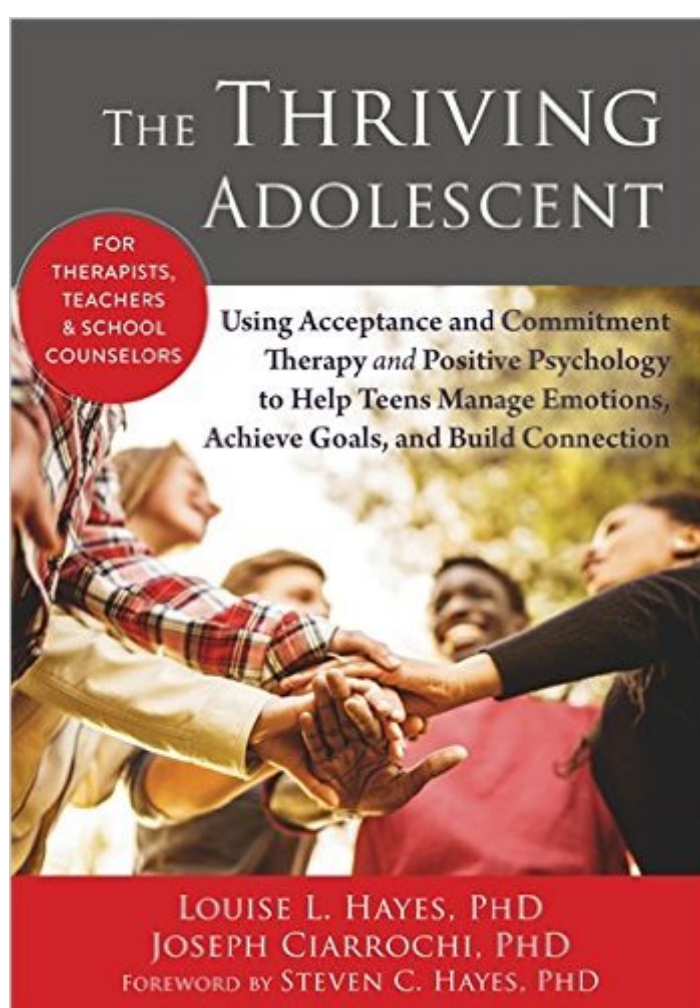


The book was found

The Thriving Adolescent: Using Acceptance And Commitment Therapy And Positive Psychology To Help Teens Manage Emotions, Achieve Goals, And Build Connection



Synopsis

Adolescents face unique pressures and worries. Will they pass high school? Should they go to college? Will they find love? And what ways do they want to act in the world? The uncertainty surrounding the future can be overwhelming. Sadly, and all too often, if things don't go smoothly, adolescents will begin labeling themselves as losers, unpopular, unattractive, weird, or dumb. And, let's not forget the ubiquitous "not good enough" story that often begins during these formative years. These labels are often carried forward throughout life. So what can you do, now, to help lighten this lifelong burden? The Thriving Adolescent offers teachers, counselors, and mental health professionals powerful techniques for working with adolescents. Based in proven-effective acceptance and commitment therapy (ACT), the skills and tips outlined in this book will help adolescents and teens manage difficult emotions, connect with their values, achieve mindfulness and vitality, and develop positive relationships with friends and family. The evidence-based practices in this book focus on developing a strong sense of self, and will give adolescents the confidence they need to make that difficult transition into adulthood. Whether it's school, family, or friend related, adolescents experience a profound level of stress, and often they lack the psychological tools to deal with stress in productive ways. The skills we impart to them now will help set the stage for a happy, healthy adulthood. If you work with adolescents or teens, this is a must-have addition to your professional library.

Book Information

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Customer Reviews

This book offers a model that is very easily implemented and adapted in a clinical setting for young children through to family therapy sessions. There are some great practical tools with examples that are meaningful and flow with ease in the clinical setting. I highly recommend this book to clinicians.

An amazing book filled with readable developmental theory and brilliant practical exercises. This book provides a unique approach that is simple yet highly effective. I have used this model with children and teenagers that have ADHD or who are autistic and it has been a BIG hit!!! It can be adapted for younger children right through to adults and everyone in between- a must for any clinician working with children, adolescents and families!!!!

I first started using ACT nine years ago with new parents - and it resonated so well, I was forever being asked "how do we do this with our children?". The authors of this book asked this question, and took it from the bottom up, looking at what the developmental needs of young people are, and how to support healthy development rather than top down, how to fix things once they've gone wrong. What results is an accessible model that can be used to support children and young people to - as the title suggests - THRIVE at life, not just "make it through hard stuff". I cannot speak highly enough of my love of using this model with children and young people, and the positive and enthusiastic responses I have received from teachers when taking it into schools. It equips the user with language and tools that are immediately usable and are well accepted by the young people they are designed for. I would love to see this become part of the national school curriculum framework!! ...Now I'm just waiting for the under-10's edition ;-)

Often when you read the blurbs for books aimed at supporting young people, they sound great- full of promise, packed with user-friendly tips and information. This book delivers this, and so much more. The authors have really done their research- and combined with their incredible wealth of experience, passion for helping young people and the science to back it up, have developed a resource that has revolutionised the way I work. The feedback I have received from young people has been equally enthusiastic- this is an accessible, flexible and developmentally appropriate approach that resonates with adolescents and adults alike. Five stars doesn't do it justice.

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The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry

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