

Cognitive Therapy for Depressed Adolescents

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The Guilford Press. Hardcover. Book Condition: New. Hardcover. 396 pages. Dimensions: 8.9in. x 6.3in. x 1.3in. Based upon and adapted from Aaron T. Beck's cognitive therapy for depressed adults, this long-awaited volume provides general strategies and specific tactics for the use of cognitive therapy with depressed adolescents. Featuring strategies derived from years of clinical work and repeated testing, *Cognitive Therapy for Depressed Adolescents* provides patient-therapist narratives that convey a clinical feel for how this therapy works, as well as actual case vignettes illustrating effective techniques for diagnosis and treatment. Throughout, the book stresses that the approach be both interactive and educational. The manual opens with a theoretical overview of cognitive therapy applications. Chapters present ten key principles of cognitive therapy with adolescents and techniques for assessing and diagnosing depression. Part II focuses on special issues that arise in the treatment of adolescents--developmental considerations, ways to create and sustain a therapeutic relationship, and how to involve the entire family in the adolescents treatment. Part III describes the macrostages and microtechniques in cognitive therapy with chapters presenting an in-depth analysis of goal setting, intervention, and termination. Part IV discusses comorbidity and strategies for working with substance-abusing teenagers, survivors of sexual victimization, and suicidal...



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