Every therapist knows that adolescents are difficult and challenging clients. Push a teen too hard for change and you risk upsetting the fragile balance of trust, distracting from the work at hand, and possibly leading therapy in the wrong direction. Take too light an approach, however, and an adolescent becomes disengaged and bored, unwilling to work at therapy or likely to terminate therapy prematurely. Therapists need to strike a balance between being respectful and directive. But how do you show understanding for the immediate problems of teens while helping them to become more confident, connected, and fulfilled individuals in the longer term? Bromfield answers this question by offering therapists key insights and helping them to understand that, in the therapeutic context, adolescents as well as their therapists often feel lost and sometimes are unsure as to why they meet and what therapy can achieve. Teens in Therapy is the perfect guidebook to this difficult clinical terrain. Drawing on years of clinical experience, Bromfield shows therapists that in order to affect change in their clients, adolescents have to want to change, realize what their problems are and how they contribute to them, and, most important, take ownership of their therapy and their lives. Organized into 18 chapters that explore specific treatment techniques—valuing the adolescent, promoting honesty, facilitating self-revelation, spotlighting conflict, speaking the patient’s language, avoiding the doldrums, working with parents, and more—readers will find an enlightening examination of the problems inherent in adolescent therapy, and come away with effective strategies to foresee, address, and then overcome them. Filled with rich case material, Teens in Therapy focuses on the stories and perspectives of adolescents themselves, arming therapists with a clearer sense of purpose and strategy, and giving them the tools necessary to effectively engage their teenage clients in therapy and help them to assume greater responsibility for their treatments and futures.

My Personal Review:
I work with teens and adolescents who are at-risk of removal from their homes due to poor functioning and behavioral problems. I would say that working with this population may be one of the most intimidating for
therapists like myself. Thankfully, Dr. Bromfield of Harvard has shared his insights, experiences, and professionalism to help clinicians use confidence, patience, and emphatic attitudes that are unique to the adolescent/teenage experience.

The book's contents are highly accessible, practical, intelligent, and trustworthy. Each chapter focuses on aspects of the therapeutic process, from motivational assessment, treatment planning, and confrontation to crisis management, boundary setting, and enduring failed therapy (the quixotic-minded clinician believes that therapy works for everyone).

Additionally, Bromfield is an entertaining writer, who uses quips, vignettes, and unfiltered language to help immerse the reader into the world of youth who are at battle within themselves and their environments.

Obviously, I am very glad that I read 'Teens In Therapy: Making It Their Own' because it has made me feel more confident and prepared to help a clientele base for which I care so deeply.

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