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Breaking through to Teens:
Psychotherapy for the New Adolescent.
Ron Taffel . The Guilford Press: New
York, NY, 2005. 292 pages, \$25 (US),
softcover.

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Breaking Through to Teens: A New Psychotherapy for the New Adolescence. This book presents groundbreaking strategies for psychotherapy with today's teens, for whom high-risk behavior, lack of adult guidance, and intense anxiety and stress increasingly come with the territory.

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He demonstrates effective ways to give
advice that teens will listen to, get them

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to tell the truth about their lives, help parents reestablish their authority, and extend the reach of therapy by such nontraditional means as inviting teens to bring friends into sessions.

ERIC - ED516431 - Breaking through to Teens: Psychotherapy ...

Cognitive behavioral therapy is an

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evidence-based therapy with techniques considered an industry standard for resistant teens (Stark, Rouse, & Livingston, 1991). Adapting adult programs to be fitting for teens may be effective. One such adaptation is the program Coping with Depression-Adolescent (Hamill-Skoch, Hicks, & Prieto-Hicks, 2012).

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Five Out of the Box Techniques for Encouraging Teenagers ...

While practicing deep listening it's often skillful to be aware of our own bodies and to portray interested, curious body language (appropriate eye contact, potentially leaning in, and an overall orientation toward the teen talking

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rather than a dismissive one).

3 Basic Counseling Skills for Working With Teens | Center ...

Most teens are in therapy only because their parents, their teachers, the juvenile court judge, and/or some adult in authority somewhere has told them they must see a therapist. Consequently,

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they often find most standard, shrink-wrapped attempts to "engage" them infuriating.

Why Teens Hate Therapy - Psychotherapy Networker

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original packaging (where packaging is
applicable).

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Abstract Review of the book Breaking
through to teens: A new psychotherapy

for the new adolescence, by Ron Taffel

This is the author's pre-published
version of Ellison, L. L. (2007, January).

Breaking through to teens.

**"Breaking through to teens" by Lori
L. Ellison**

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At least 1 in 5 teens (20%) have mental health issues. Doctors and therapists treat mental health problems just like any medical problem. For instance, if you break your leg, you go to an...

Therapy for Teens: What to Expect - WebMD

Breaking up with a boyfriend or girlfriend

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Addressing is a major stressor in the life of a teenager. A teenager's intimate relationships take on special meaning. For starters, most teens feel insecure about themselves, so revealing their intimate thoughts and feelings to another person is a very vulnerable position.

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Helping Your Teen Survive a Breakup, by psychologist Dr ...

Book Review of Breaking Through to
Teens . Lori L. Ellison . This book seeks
to propose a program for working with
teens that addresses the special
challenges of the 21st century
adolescent. Taffel begins his discussion
describing the different struggles that

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contemporary adolescents face. He suggests that current methods of therapy are no

Breaking through to teens - Marshall University

Most teens are in therapy only because their parents, their teachers, the juvenile court judge, and/or some adult in

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authority somewhere has told them they must see a therapist. Consequently, they...

How to Talk to Teenagers Who Don't Want ... - Altnet.org

One way to establish rapport with teens who refuse to talk is to mirror their body language and postures. This may include

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mimicking their facial expressions, sitting slouched or sprawled out on the chair, moving your legs in a nervous fashion, and tapping your hands on the chair arms.

Mission Possible - Psychotherapy Networker

The hardest part of therapy for Deborah

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Addiction

Serani, Psy.D, a clinical psychologist and author of the book Living with Depression, is watching clients work through their issues. Therapy is highly ...

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