



Group Therapy with Troubled Youth: A Cognitive-Behavioral Interactive Approach

By Sheldon D. (David) Rose

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Incorporating cognitive, behavioural, social resources and small group theory into one model, this volume offers strategies for treating adolescents in a variety of groups. Anger management, negotiation and using social support networks are among the topics covered. The book is illustrated with case studies, and practical exercises are included.

The author addresses such topics as: dealing with disruptive young people; using the group to develop completed home tasks; formulating achievable goals; assisting group members to help each other; and coordinating family and group therapy.

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