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Nota di contenuto	Part 1. Introduction -- Chapter 1. Magnitude of Mental Health Problems in Adolescence -- Chapter 2. Cognitive Behavior Therapy with Adolescents -- Chapter 3. Community Based Mental Health Interventions in Adolescents -- Part 2. Building Skills -- Chapter 4. Study Skills -- Chapter 5. Interpersonal Skills -- Chapter 6. Anger Management -- Chapter 7. Management of Sleep Problems -- Chapter 8. Stress Management -- Chapter 9. Pain Management -- Part 3. Interventions -- Chapter 10. Anxiety Management -- Chapter 11. Depression -- Chapter 12. Obsessive Compulsive Disorder -- Chapter 13. Somatoform Disorders -- Chapter 14. Headache -- A Transdiagnostic Approach -- Chapter 15. Attention Deficit Hyperactivity Disorder -- Chapter 16. Treatment of Substance Abusing Adolescents -- Chapter 17. Intervention for Internet use: Current

Sommario/riassunto

This volume discusses adolescent mental health concerns in non-Western contexts and situations, ranging from common mental disorders to building life skills. It combines previous literature and empirical work on various disorders to provide a comprehensive account of cognitive behaviour therapy (CBT) for adolescents. The volume covers a wide spectrum of conditions, ranging from anxiety to affective disorders and other associated disorders. It gives a practical guide to the management of disorders with specific focus on case vignettes, outlining session details and specific techniques to be used throughout the intervention plan. A detailed appendix elaborating various CBT techniques is included in the volume. It presumes a basic understanding and training in mental health care and psychotherapy and is useful for professionals: psychologists, counsellors, paediatricians and other practitioners in the field of mental health. It is also useful as a text for courses in health psychology, clinical psychology, adolescent medicine and adolescent psychology.
