

1. Record Nr.	UNINA9910461621903321
Autore	Manassis Katharina
Titolo	Problem solving in child and adolescent psychotherapy [[electronic resource]] : a skills-based, collaborative approach // Katharina Manassis
Pubbl/distr/stampa	New York, N.Y., : Guilford Press, c2012
ISBN	1-280-38951-6 9786613567437 1-4625-0371-3
Descrizione fisica	1 online resource (225 p.)
Collana	Practitioner Guides in Child Psychothera
Disciplina	618.92/8914
Soggetti	Child psychotherapy Adolescent psychotherapy Problem solving Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	What is problem solving? -- When and with whom can you use problem solving? -- Step 1: Defining the problem -- Step 2: Generating alternative solutions -- Step 3: Evaluating alternatives and making a choice -- Step 4: Trying a new solution -- Step 5: Following up and evaluating outcomes -- Combining problem solving with other interventions -- Problem solving in groups -- Problem solving with parents and families -- Troubleshooting -- References -- Index.
Sommario/riassunto	This highly accessible book presents clear steps for helping children and adolescents to develop and test out new solutions to specific social, emotional, or behavioral challenges. The author demonstrates how therapists of any orientation can implement problem solving as a stand-alone intervention or in combination with other therapeutic techniques. Extensive clinical examples illustrate what the approach looks like in action with kids of different ages; how it increases their confidence, independence, and resilience; and ways to involve parents. Strategies for overcoming frequently en

