

1. Record Nr.	UNINA9910480948103321
Autore	Langelier Carol A
Titolo	Mood management leader's manual [[electronic resource]] : a cognitive-behavioral skills building program for adolescents // Carol A. Langelier
Pubbl/distr/stampa	Thousand Oaks, Calif. ; ; London, : SAGE, c2001
ISBN	1-4522-3182-6 1-4522-6418-X
Descrizione fisica	1 online resource (177 p.)
Disciplina	152.40835
Soggetti	Emotions in adolescence Adolescent psychology Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Cover; Table of Contents; How to Use the Skills Workbook; Acknowledgments; Introduction; Chapter 1 - The Basic Building Blocks; Chapter 2 - A Closer Look at Emotional Wellness; Chapter 3 - The Emotional ""Traffic Jams"" of Adolescence; Chapter 4 - Clearing Up Those Traffic Jams; Chapter 5 - The Cyclones of the Emotional Mind; Chapter 6 - The Battle Lines Are Drawn; Chapter 7 - Lights, Camera... Action!!; Appendix A: Challenging Maps; Appendix B: Action Plans; Appendix C: Thought Records; Appendix D: Transparency Masters; About the Author
Sommario/riassunto	This book provides a seven-step programme to assist adolescents who display behaviour problems, to deal with their emotions. The author focuses on teenagers who are 'normal', demonstrating how they can be helped to resolve self-conflict by understanding the thoughts, behaviour, feelings, and physical responses that trigger it.