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Titolo	Adolescent girls in distress [[electronic resource]] : a guide for mental health treatment and prevention / / Laura H. Choate
Pubbl/distr/stampa	New York, N.Y., : Springer, c2013
ISBN	0-8261-0955-1
Descrizione fisica	1 online resource (334 p.)
Disciplina	616.89/140835
Soggetti	Adolescent psychology Mental illness - Prevention Mental illness - Treatment
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	Girl power? : understanding girls' socialization through the lens of popular culture -- My world is spinning upside down : family, peer, school, and developmental upheavals -- A cloud of hopelessness : adolescent girls and depression -- Weighted down : disordered eating in adolescent girls -- Fitting in and numbing out : substance use disorders in adolescent girls -- Expressions of pain : counseling adolescent girls who engage in self-injury -- Violated and betrayed : sexual trauma and dating violence in adolescent girls -- Hope for the future : strengthening resilience in adolescent girls.
Sommario/riassunto	""Contemporary culture promotes a 'hot and sexy' diva image to girls, encouraging inner emptiness, depression, and even risk for self-injury, but Adolescent Girls in Distress is exactly 'what the doctor ordered'- a well-researched, thoughtful, and systematic antidote empowering professionals to create the resilience, resourcefulness, and resistance needed to navigate and thrive in this girl-toxic culture. A must-read for anyone concerned about today's girls."" . -Margo Maine , PhD, FAED, CEDS,. Eating Disorder Specialist and Author. Cultural stressors are affecting girls at increasingly younger