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| Nota di contenuto | <p>""Cover""; ""Contents""; ""Preface""; ""Acknowledgments""; ""About the Author""; ""Chapter 1 - Surviving and Thriving""; ""The Many Ways Youth Survive""; ""Three Survival Strategies, Three Identities""; ""Power and Self-Definition""; ""Substitution as Intervention""; ""Narrative Interventions""; ""Powerful Alternatives""; ""Chapter 2 - Three Identities: Pandas, Chameleons, and Leopards""; ""The Stuck Panda""; ""The Uncertain Chameleon""; ""The Demanding Leopard""; ""Pegs and Holes""; ""Chapter 3 - Six Strategies for Nurturing Resilience""; ""Overview of the Six Strategies""</p> <p>""Paths to Resilience: Conventional and Unconventional""""Strategy 1: Hear Their Truth""; ""Chapter 4 - From Truth to Action: Implementing Strategies Two through Five""; ""Strategy 2: Help Youth Look Critically at Their Behavior""; ""Strategy 3: Create Opportunities That Fit with What Youth Say They Need""; ""Strategy 4: Speak in Ways Youth will Hear and Respect""; ""Strategy 5: Find the Difference That Counts the Most""; ""Chapter 5 - The Many Expressions of Youth Resilience""; ""Strategy 6: Substitute Rather Than Suppress""; ""Substitutions for Drug Use""</p> <p>""Substitutions for Other at-Risk Behaviors""""The Many Expressions of Resilience""; ""Chapter 6 - A New Way to Look at Bullying""; ""Bullying as Coping: Jake""; ""Bullying and the Three Identities""; ""Providing</p> |

Opportunities for Adaptation"; "Substitutions for Bullies";
"Substitutions for Victims"; "Chapter 7 - Assessing Resilience"; "The
Resilient Youth Strengths Inventory"; "Evaluating Fairly"; "Chapter 8 -
Translating the Results of the Resilient Youth Strengths Inventory";
"Pandas Shoot"; "Chameleons Score"; "Leopards Win"; "Using
Results to Inform Our Efforts"
"Conclusion: The Need for Change""References"; "Index"

Sommario/riassunto

This resource offers counseling strategies to promote adolescents' overlooked strengths and create healthy alternatives to problem behaviors such as bullying, drug use, violence, and promiscuity.
