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Titolo	Therapy with young men : 16-24 year olds in treatment // Dave Verhaagen
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ISBN	1-135-28316-8 1-135-28317-6 1-283-04548-6 9786613045485 0-203-87454-4
Descrizione fisica	1 online resource (236 p.)
Collana	Routledge series on counseling and psychotherapy with boys and men ; ; v. 6
Disciplina	618.92/891425
Soggetti	Cognitive therapy for teenagers Teenage boys - Mental health Young men - Mental health
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The culture of young men -- Prelude to therapy with young men -- Setting the stage for change -- Principles and pitfalls -- Beginning therapy : the first sessions -- Identity formation in therapy -- Improving emotional intelligence -- Sexuality issues in therapy -- Skills to manage behavioral and substance problems -- Therapy and the techno-client.
Sommario/riassunto	Young adult men in their late teens and early twenties are statistically the least happy of any group of males surveyed. What's more, scholarly research tells us that adolescent boys and young men have the highest rates of behavioral problems, completed suicides, and drug and alcohol problems of any demographic group. They also tend to have greater problems managing their emotions and successfully negotiating close interpersonal relationships, which makes therapy more complex and challenging. However, when done well, therapy with young men can be highly effective and quite rewarding for bot

