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Nota di contenuto	Tough Kids, Cool Counseling : User-Friendly Approaches With Challenging Youth; Contents; Preface; Acknowledgments; About the Authors; Part I: User-Friendly Foundations; Chapter 1: Adventures in Child and Adolescent Counseling; Adventures in Counseling Young Clients; Who Are the "Challenging" Young Clients?; Diagnostic Labeling; Empirical Foundations; Common Misperceptions and Pitfalls in Working With Young People; The Been-There-Done-That Trap; Inaccurate Assumptions of Similarity; Your Own Childhood Emotional Pain Can Interfere With Objectivity The Urge to Parent (Rather Than Counsel) Young Clients Developmental Considerations; The Role of Play; Social Development; Autonomy, Individuation, and Oppositionality; Cognitive Competencies and Limitations; Emotional Competencies and Limitations; Initiative, Identity, and Independence; Gender Issues and Cultural Diversity; Gender Issues; Cultural Diversity; Concluding Comments; Chapter 2: Establishing Rapport, Gathering Information, and Informal Assessment; Establishing Rapport; Office Management and Personal Attire; First Impressions; Discussing Confidentiality and Informed Consent Managing Referral Information: Acknowledging Reality Gathering Information; Wishes and Goals; Informal Assessment; Discussing Assessment and Counseling Procedures; User-Friendly Information-Gathering Procedures; What's Good (Bad) About You?; Draw-A-Person Interpretations; Offering Rewards; Inferring Attachment Issues;

Concluding Comments; Chapter 3: Resistance Busters: Quick Solutions and Long-Term Strategies; Getting Your Buttons Pushed; Siding With the Client's Affect; Specific Resistance Styles and Specific Solutions; Youth Who Externalize or Blame; Youth Who Use Denial Youth Who Are Nonverbally Provocative Youth Who Use Silence; Youth Who Verbally Attack Their Counselor; Youth Who Appear Apathetic; Concluding Comments; Part II: User-Friendly Strategies; Chapter 4: Rapid Emotional Change Techniques: Teaching Young Clients Mood Management Skills; Rapid Mood-Changing Techniques; Food and Mood; Three-Step, Push-Button Emotional Change Technique; Passing Personal Notes; The Hand-Pushing Game; Arm Wrestling; Concluding Comments; Chapter 5: Behavioral, Cognitive, and Interpersonal Change Strategies; Never Underestimate the Power of Contingencies; Defining Bribery
Therapeutic Wagering Redefinitions and Reframing; Brown-Nosing; Risks of Honesty and Risks of Deception; Escape From Weakness; Termination as Motivation; Aggression Control Shortcuts; Interpersonal Change Strategies; Teaching Strategic Skills to Adolescents; Interpreting Interpersonal Relationship Patterns; Interpersonal Simulations and Inverse Examples; Concluding Comments; Chapter 6: Constructive and Communication-Based Change Strategies: Storytelling and Hypnotherapy; Therapeutic Storytelling; Indirect Storytelling; Directive Storytelling; Self-Initiated Storytelling; Hypnotherapy
The Wizard of Oz Hypnotherapy

Sommario/riassunto

Tough Kids, Cool Counseling offers creative techniques for overcoming resistance, fostering constructive therapy relationships, and generating opportunities for client change and growth. This edition includes a new chapter on resistance busters and updated and fresh ideas for establishing rapport, carrying out informal assessments, improving negative moods, modifying maladaptive behaviors, and educating parents. Suicide assessment, medication referrals, and therapy termination are also discussed. John and Rita Sommers-Flanagan clearly enjoy working with kids-no matter how tough-and their
