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Sommario/riassunto	"Interpersonal Psychotherapy for Adolescents (IPT-A) is a comprehensive guide for clinicians. It will enable the reader to add IPT-A to their clinical repertoire or to deepen their existing practice of IPT-A, using a time-limited, evidence-based intervention that is engaging for young people. The guide outlines the structure, skills and techniques of IPT-A, utilizing real-life encounters in the therapy room, which reflect the diverse nature of adolescents and young adults who present for therapy. It provides the reader with a birds-eye-view of how IPT-A works. It expands the range of IPT-A clinical tools, techniques and models to assist the reader to work effectively with a wide range of clients. The book provides a new protocol for the psychological assessment of young people, acknowledging the importance of culture and spirituality alongside the biological, psychological and social dimensions that have previously comprised assessment. The importance of the clinician forming a transitory attachment relationship with the client is emphasized throughout. The target audience for this book is mental health clinicians including psychologists, psychiatrists, social workers, mental health nurses, occupational therapists, general practitioners with a mental health focus and students from these professions"--