



Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide (Guilford Family Therapy)

By Scott P. Sells

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This book illuminates the causes of severe adolescent behavioral problems and presents a research-based, 15-step model for helping families bring about meaningful change. Incorporating structural and strategic principles, the author's cohesive approach focuses on setting clear rules and consequences; changing the mood and direction of confrontations; neutralizing such problem behaviors as disrespect, truancy, running away, violence, and threats of suicide; and restoring positive, nurturing family relationships. Special treatment issues covered include adolescent substance abuse and managing problems that arise in single-parent and divorced families, as well as ways to collaborate effectively with outside systems. Featuring a wealth of illustrative case examples, this is an indispensable clinical guidebook and text.

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Editorial Review

Review

"Using *Treating the Tough Adolescent* as a text provides my students with a clear, concise understanding of the strategic therapy model and its application. Many students (as well as veteran therapists) are intimidated by the idea of working with out-of-control teens and their families. Dr. Sells's book is written in a straightforward way and offers specific strategies that, when followed, will lead to success."--Peter D. Bradley, PhD, Department of Family Therapy, Texas Woman's University

"This book is a gem. Sells provides front-line clinicians with a step-by-step road map for doing effective family therapy with difficult adolescents. If you wish to know what an advanced structural-strategic family therapy model looks like, read this book." --Matthew D. Selekman, MSW, Response Center, Skokie, IL

"*Treating the Tough Adolescent* offers a sensible and strategic approach to resolving the family problems of difficult adolescents....This is a valuable book that wedges research-supported ideas into practical guidance for therapists struggling with exasperating adolescents and their families." --from the Foreword by Jay Haley

"Dr. Sells's approach, which is theoretically derived, extensively researched, and carefully refined, is logical, considerate, eminently practical, and easy to follow. His explanations of what to do, why to do it, and how to do it should be accessible and useful to all." --from the Foreword by Neil Schiff

"One of the best treatment manuals for working with adolescent problems that exists within the family therapy field....a must read for everyone who treats difficult teenagers."
(*Journal of Family Psychotherapy* 2004-07-28)

"I recommend this book for any mental health clinician who works with difficult adolescents and their families. It is an excellent volume outlining a step-by-step approach to effecting lasting change in severely behaviorally disordered adolescents."
(*Canadian Child Psychiatry Review* 2004-07-28)

From the Back Cover

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About the Author

Scott P. Sells, PhD, is Professor of Social Work at Savannah State University and Clinical Director of the Savannah Family Institute. He has treated more than 800 difficult children and adolescents, has spoken nationally on this topic, and has published a number of related journal articles. His 6-week educational program for parents of difficult children and teenagers, Parenting With Love and Limits(TM), has been adopted as a standard model in Virginia; Ohio; and Savannah, Georgia. His website is at: www.difficult.net.

Users Review

From reader reviews:

Jill Davis:

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James Gabriel:

This book untitled *Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide* (Guilford Family Therapy) to be one of several books in which best seller in this year, that is because when you read this guide you can get a lot of benefit upon it. You will easily to buy this book in the book retail store or you can order it through online. The publisher of the book sells the e-book too. It makes you more readily to read this book, as you can read this book in your Touch screen phone. So there is no reason for you to past this e-book from your list.

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Jack Godina:

The book untitled *Treating the Tough Adolescent: A Family-Based, Step-by-Step Guide* (Guilford Family Therapy) contain a lot of information on the idea. The writer explains the woman idea with easy approach. The language is very clear to see all the people, so do definitely not worry, you can easy to read the idea. The book was authored by famous author. The author will bring you in the new time of literary works. It is possible to read this book because you can continue reading your smart phone, or device, so you can read the book in anywhere and anytime. If you want to buy the e-book, you can available their official web-site and order it. Have a nice read.

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