



# Self-Management for Adolescents: A Skills- Training Program

*Thomas A. Brigham*

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## **Self-Management for Adolescents: A Skills-Training Program** Thomas A. Brigham

This pioneering work offers a creative and flexible solution to the problem of assisting troubled youths. Evolved over a decade of experimental research, the program teaches adolescents to analyze and deal with their environment, behaviors, and personal difficulties.

SELF-MANAGEMENT FOR ADOLESCENTS is a unique combination of theory and procedure presented in a practical fashion. Dr. Brigham's self-management program is described systematically and in sufficient detail for social scientists and practitioners to replicate in their research or treatment programs. The book reviews basic assumptions about adolescence as a developmental period, provides an analysis of self-management, and explains why such training is a logical approach for assisting troubled youths. It then covers issues involved in teaching self-management in a way that enables the reader to clearly understand how this program works. The accompanying client manual is designed for use by the adolescent in group treatment. It presents the actual instructional material for developing necessary skills, along with detailed discussions of specific concepts and procedures.

SELF-MANAGEMENT FOR ADOLESCENTS is a complete program that counselors can use as presented here, or modify to fit the needs of their clients and situations. Professionals who work with adolescents in schools, mental health centers, group homes for delinquents, juvenile court programs and other settings will find here a ready-made treatment plan for their clinical work.

SELF-MANAGEMENT FOR ADOLESCENTS is also an invaluable text for graduate level courses in counseling and clinical psychology, and a fine supplemental volume for courses in behavioral therapy, behavioral analysis, and the psychology of adjustment. Of special value to psychotherapists, counselors, social workers and others who engage adolescents in a programmatic fashion, the work's experimental foundation and research perspective will appeal to data-oriented practitioners concerned about evaluating the effectiveness of their treatments.

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