

The Adolescent & Young Adult Self-harming Treatment Manual

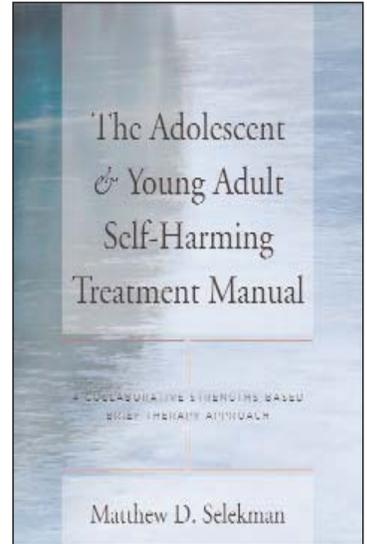
A Collaborative Strengths-Based Brief Therapy Approach

MATTHEW D. SELEKMAN

The first of its kind and comprehensive treatment manual for Collaborative Strengths- Based Brief Therapy with adolescent and adult self-harming clients and their couple partners and families. The most up to date research findings on adolescent and adult selfharm are presented clearly that can inform clinical practice with this challenging treatment population. The treatment manual covers individual, couple, family, group, intensive outpatient, and day treatment modalities. It is filled with many case examples and practical guidelines illustrating how to use the major therapeutic strategies and tools described in this volume. Special treatment dilemmas and trouble-shooting guidelines also are presented.

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MATTHEW D. SELEKMAN MSW, LCSW is the co-director of Partners for Collaborative Solutions and has a private practice in Evanston, IL. He is the author of *Working with Self-Harming Adolescents: A Collaborative Strengths-Based Therapy Approach*, *Pathways to Change: Brief Therapy with Difficult Adolescents (Second Edition)*, *Solution-Focused Therapy with Children: Harnessing Family Strengths for Systemic Change*, and *Family Therapy Approaches with Adolescent Substance Abusers*. Matthew has presented his Collaborative Strengths-Based Brief Therapy approach with challenging adults, adolescents, and children extensively throughout the world.

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