



Pathways to Change, Second Edition

Brief Therapy with Difficult Adolescents

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“This is one of those special books that reflects the kind of skill, wisdom, and clarity that comes only through experience. If you have not already done so, read this book because Selekmán skillfully describes even more pathways to change with difficult adolescents and their families....New and seasoned therapists alike will be impressed by the book’s depth of knowledge and clarity of presentation. The approach can be tailored to fit a variety of treatment settings.”
—Journal of Marital and Family Therapy

This innovative, practical guide presents an effective brief therapy model for working with challenging adolescents and their families. It demonstrates powerful ways to help families gain new perspectives on longstanding problems and co-construct realistic, well-formulated goals, even when past treatment experiences have left them feeling demoralized. Solution-oriented techniques and strategies are augmented by ideas and findings from other therapeutic traditions, with a focus on engagement and relationship building. Illustrated with extensive clinical material, the book shows how to draw on each family’s strengths to collaboratively bring about significant behavioral change.

2008, Paperback, 292 Pages
 ISBN 978-1-59385-979-4
 Cat. #2E5979, \$27.00

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Contents

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. An Evolving Solution-Oriented Therapy Approach with Difficult Adolescents 2. Guiding Assumptions with an Eye on Solutions 3. The Improvisational Therapist: Staying Alive and Creating Possibilities Outside the Comfort Zone with Challenging Families 4. The First Family Interview: Co-Creating a Context for Change 5. Guidelines for Fostering Cooperative Relationships with Difficult Parents 6. Effective Engagement Strategies with Difficult Adolescents | <ol style="list-style-type: none"> 7. The No-Problem Problem Mandated Family 8. Co-Creating a Climate Ripe for Transformative Dialogues with Helping Allies from Larger Systems 9. The Second and Subsequent Sessions: Guidelines for Consolidating Gains and Matching Therapeutic Experiments with Family Members' Learning Styles and Cooperative Response Patterns 10. The Solution-Oriented Parenting Group: Empowering Parents to Be the Agents of Change 11. Solution-Oriented Brief Family Therapy and Beyond |
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