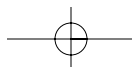
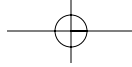


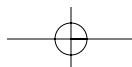
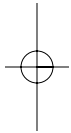
Contents

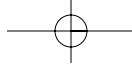
About the Author	xiii
Foreword	xv
Preface	xvii
Acknowledgments	xxi
1 Theoretical Underpinnings of Applied Practice with Adolescents	1
Developmental Theories of Adolescence	2
<i>Physical Development</i>	2
<i>Jean Piaget's Theory of Cognitive Development</i>	3
<i>Lawrence Kohlberg's Theory of Moral Development</i>	4
<i>Carol Gilligan's Theory of Sex Differences</i>	4
<i>Eric Erikson's Theory of Identity Development</i>	4
<i>Peter Blos's Second Separation-Individuation Process</i>	7
<i>Attachment, Psychodynamic, and Relational Theories and Neuroscience</i>	7
<i>Systems Theory and Sociology</i>	10
Basis of Practice	12
Summary	15
Recommended Resources	15
2 The Practice Formulation for Biopsychosocial Assessment and Intervention Planning	17
The Practice Formulation for Biopsychosocial Assessment and Intervention Planning	18
Basis of Practice	28
Summary	28
Recommended Resources	29
3 Use of Practice Skills: Engagement and Ongoing Work with Adolescents	30
Theoretical Underpinnings of the Development of Listening Skills	30
The Clinical Practice Template	32
Engagement Techniques and Considerations	32
Manifest and Latent Content	34





Discussion of Family, Peers, School, and Other Interests	35
Case Example	37
Case Discussion	39
Basis of Practice	40
Summary	41
Recommended Resources	41
4 Application of Theoretical Underpinnings: A Differential Approach to Practice with Adolescents	43
Cognitive Behavioral Therapy (CBT)	43
Case Example	45
Family Systems Theory	46
Case Example	49
Psychodynamic/Attachment/Relational Theories	51
Case Example	53
Narrative and Solution-Focused Approaches	55
Case Example	57
Neuroscience	58
Case Applications	60
Informed Eclecticism or Integrative Practice	61
Basis of Practice	62
Summary	63
Recommended Resources	63
5 The Essential Interplay of Family in Adolescent Practice: Implications across the Family Life Cycle	64
The Family Life Cycle	64
Parental and Caretaker Involvement in Working with Adolescents	66
Case Example	69
Family, Individual, and/or Couples Work	70
Case Examples	70
Basis of Practice	72
Summary	72
Recommended Resources	73
6 Use of Self and the Ethical Approach to Practice with Adolescents	74
History and Origins of Countertransference Theory and Use of Self in Adolescent Practice	74
The Clinical Validation Method and Use of Self with Adolescents	78
Case Example	80
Case Discussion	82
Basis of Practice	83
Summary	83
Recommended Resources	84

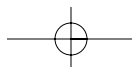
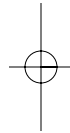
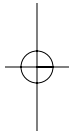


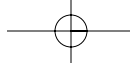


CONTENTS

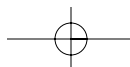
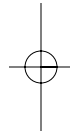
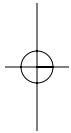
ix

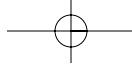
7	Nontraditional Approaches to Working with Adolescents	85
	Clinical Rationale for Nontraditional Work with Adolescents	85
	Case Example	86
	Theories of Nontraditional Work with Adolescents:	
	Play and Experiential Learning	87
	David Kolb's Theory of Experiential Learning	88
	Comprehensive Case Example	89
	Case Discussion	93
	Basis of Practice	94
	Summary	94
	Recommended Resources	95
8	Culturally Competent Practice with Adolescents and Families	96
	Culturally Competent Practice within the Context of	
	Identity Formation	96
	Case Example	98
	Case Discussion	103
	Basis of Practice	105
	Summary	106
	Recommended Resources	107
9	Working with Adolescents in Schools: Academics, Behavior, and Social Networks as Diagnostic Indicators for Assessment and Intervention	109
	Academics	110
	Peers/Relationships	111
	Behaviors	113
	Sports and Traditional School and Extracurricular Activities	115
	Interventions	116
	Case Example	117
	Case Discussion	120
	Basis of Practice	120
	Summary	121
	Recommended Resources	121
10	Adolescent Group Work: Theory and Technique	122
	Developmental Implications of the Use of Group Work Theory	
	with Adolescents	123
	Group Work Theory: Irvin D. Yalom	124
	Andrew Malekoff's Group Work Approach with Adolescents	127
	The Role of the Group Worker	127
	Types of Adolescent Groups	128
	<i>The Adolescent Activity Group</i>	129
	<i>The Psychodrama Group</i>	130





<i>The Deferred Prosecution Group</i>	132
<i>Alternative to Saturday Detention Group</i> <i>(The Breakfast Club)</i>	133
Basis of Practice	135
Summary	135
Recommended Resources	135
11 High-Risk Behavior, Hospitalization, and Medication	137
The Role of Acting Out in Adolescence	138
Self-Injury	138
Eating Disorders	139
Outpatient Treatment	140
Inpatient and Partial Psychiatric Hospitalization	141
Discharge Planning and Outpatient Follow-up	142
Case Example	143
Treatment Summary/Case Discussion	150
Basis of Practice	151
Summary	152
Recommended Resources	152
12 Substance Use/Abuse/Dependency and Adolescents	154
The Use/Abuse/Dependency Continuum	154
Models of Chemical Dependency	155
<i>The Moral Model</i>	155
<i>The Community Model</i>	155
<i>The Biological/Neuroscience Model</i>	156
<i>The Social Learning Theory Model</i>	156
<i>The Cognitive-Behavioral Model</i>	157
<i>The Disease Model</i>	157
<i>The Developmental Model</i>	157
<i>The Multisystemic Framework</i>	158
Treatment Options	159
<i>Inpatient</i>	159
<i>Partial Hospitalization/Day Treatment</i>	160
<i>Outpatient</i>	160
Prevention Services	161
Case Examples	162
Basis of Practice	168
Summary	168
Recommended Resources	169
13 Gender Issues and Working with Adolescents	170
Theories of Gender Development	170
Gender Identity Formation during Adolescence	173

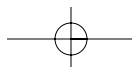
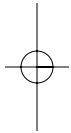


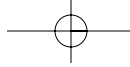


CONTENTS

xi

Dating	175
Gay, Lesbian, Bisexual, and Transgender Adolescents	176
Practice Implications and Recommendations	177
Case Example	179
Case Discussion	181
Summary	182
Recommended Resources	183
14 DSM-IV-TR: Mental Health Disorders/Problems/ Issues with Adolescents	185
The <i>DSM-IV-TR</i> and Adolescent Diagnosis	185
Anxiety Disorders	186
Medication Management and Other Adolescent Drug Use	187
Mood Disorders	188
Dissociative Disorders	190
Somatoform Disorders	191
Attention Deficit/Hyperactivity Disorder	192
Autistic Spectrum	192
Attachment Disorders	193
Schizophrenia and Other Psychotic Disorders	198
Case Example	201
Case Discussion	206
Summary	208
Recommended Resources	209
15 Residential and Group Homes and Shelter Programs for Adolescents	210
Review of Basic Developmental Needs for Children and Adolescents	210
Case Example	211
Residential Facilities	213
Group Homes	215
Shelter Programs	219
Clinical Issues	221
Case Example	222
Case Discussion	224
Summary	225
Recommended Resources	225
16 Working with Community/Collaterals	226
Developmental Implications of Community Practice	227
Community Collaboration	228
Advocacy and Referrals	228
Case Example	230





Case Discussion	234
Basis of Practice	235
Summary	235
Recommended Resources	235

17 Implications of a Comprehensive Approach 236

Case Example	236
<i>DSM-IV-TR</i> Five Axes Diagnosis	247
<i>Axis I</i>	247
<i>Axis II</i>	247
<i>Axis III</i>	248
<i>Axis IV</i>	248
<i>Axis V</i>	248
Course of Treatment	249
Necessity of an Integrative Approach	251
Basis of Practice	252
Summary	252
Recommended Resources	252

Appendix: The Practice Formulation for Biopsychosocial Assessment and Intervention Planning	255
--	-----

References	257
------------	-----

Index	265
-------	-----

