



Activities for Adolescents in Therapy: A Handbook of Facilitating Guidelines and Planning Ideas for Group Therapy With Troubled Adolescents

Susan T. Dennison

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In this practical resource manual, professionals will find more than 100 therapeutic group activities for use in counseling troubled adolescents. This new edition provides the reader with the specifics on establishing an effective group program while, at the same time, outlining therapeutic activities that can be used in each phase of a therapy group. Step-by-step instructions have been provided for setting up, planning and facilitating adolescent groups with social and emotional problems, who are the targeted group to benefit from this material. The interventions provided have been designed specifically for each of the three phases of group: initial, middle and termination. A new practice model is outlined along with assessment guidelines. Finally, a planning method is described to help professionals be more goal focused and effective. Supplemental and related materials on adolescent groups are contained in the Appendices. The book has been written primarily for the experienced group clinician, such as social workers, psychologists, psychiatrists, and school counselors. However, it could also be adapted for use by other professionals who work with adolescents in group settings, such as art therapists, special education teachers, recreation therapists, and speech/language pathologists.

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