



# Group Exercises for Adolescents: A Manual for Therapists, School Counselors, and Spiritual Leaders

*Susan E. Carrell*

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Susan E. Carrell

*52 exercises for a full year of weekly group sessions with adolescents*

This updated edition of Susan Carrell's best-seller provides a practical, concise overview of group work with adolescents, including dos and don'ts for group leaders, as well as potential pitfalls and hazards and how to avoid them. Ideal for therapists, school counselors, spiritual leaders, and other helping professionals, the manual addresses a wide range of today's hot issues for adolescents, including sex, alcohol, drugs, values and ethics, family dynamics, self-esteem, management of difficult emotions, peer relationships, and spirituality. Avoiding the usual "psychobabble," this no-nonsense guide discusses both behavioral and cognitive objectives, includes new exercises and is **accompanied by a new companion teen journal**.

Ideal for anyone who is developing a new program, revitalizing an existing one, or in need of a one-time group experience, this best-selling manual has been used successfully in schools, community settings, church/religious settings, court-ordered programs, and the private sector. **Group Exercises for Adolescents, Third Edition** is also appropriate for use as a supplement in courses in Social Group Work Practice and Social Work and Juveniles.

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