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Treating Co-occurring Adolescent PTSD and Addiction

Mindfulness-Based Cognitive Therapy
for Adolescents with Trauma and
Substance-Abuse Disorders

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Treating Co-occurring Adolescent PTSD and Addiction: Mindfulness-Based Cognitive Therapy for Adolescents with Trauma and Substance-Abuse Disorders



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Research has shown that, for most teens, trauma can result in addiction. Developed and researched explicitly for dual diagnosis adolescent clients, this book provides a selection of mindfulness practices and tools to help your client be present in what he or she is suffering from?instead of slipping right into a pattern of avoidance. However, up until now, clinicians have lacked the tools needed to deal with these two issues jointly. Trauma and addiction often present side by side. Based in cognitive behavioral therapy (CBT) and mindfulness?two proven-effective therapies for addiction and mental wellness issues?Treating Co-occurring Adolescent PTSD and Addiction is vital for anyone dealing with adolescents with addiction and post-traumatic tension disorder (PTSD). Right now, for the first time ever, two mental wellness experts provide a powerful, integrative system to effectively treat teenagers with these co-occurring issues. Furthermore, the cognitive behavioral strategies might help adolescents who are at threat of recurrent trauma, and who could as a result reap the benefits of practicing coping ways of assist them within their current daily situations. That is a must-have resource for just about any mental health provider treating adolescents with dual diagnosis of PTSD and addiction.



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Just what I was looking for!. Great resource..



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