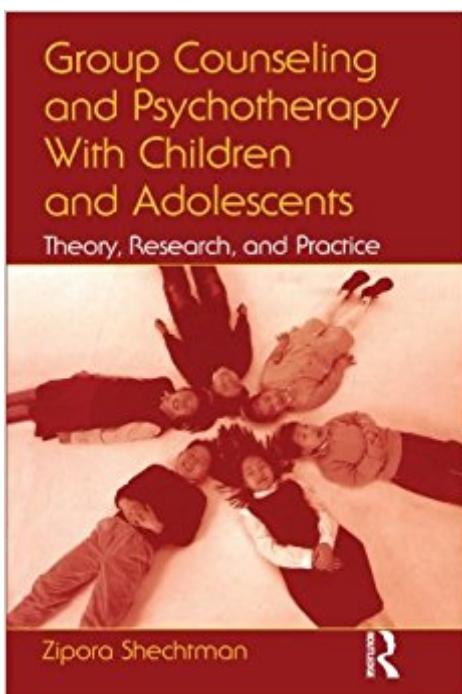


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# Group Counseling And Psychotherapy With Children And Adolescents: Theory, Research, And Practice



## Synopsis

Many children and adolescents face developmental or situational difficulties in areas where they live most of their meaningful experiences-at home, at school, and in the community. While adults who struggle with life events and stressors may look to professional help, young individuals are quite alone in coping with these situations. Perhaps unsurprisingly, most children and adolescents typically do not seek such help, and often resist it when offered. Author Zipora Shechtman has written this detailed text advocating group counseling and psychotherapy as a viable means of addressing these issues if we are to ensure the psychological wellness of children in society.Â Group Counseling and Psychotherapy With Children and Adolescents is arranged in four parts. Its chapters explore topics including: \*who needs group counseling and psychotherapy; \*therapeutic factors in children's groups; \*activities in the group; \*pre-group planning and forming a group; and \*how to enhance emotional experiencing and group support.Â This text is a principal source of information for counseling psychology students, researchers, and practitioners working with young people, in addition to social workers, teachers, and parents.

## Book Information

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## Customer Reviews

What is unusual about this book is the expert theory research to direct practice orientation. Shechtman presents a sophisticated, research-based view of group work with children and adolescents. This is a book that works for practitioners, but also has important insights for the field as a whole.

“I am very pleased that Zipora Shechtman’s new book can serve as a basis for training quality child and adolescent group therapists. Shechtman draws widely from published literature and indeed supports everything she proposes with well-documented literature. The number and variety of groups she refers to, including children from several cultures and how she handles their challenges, are impressive. The robustly supported description of group processes makes this book a wonderful textbook for graduate courses or a reference that counselors working with children will refer to again and again. To read and study *Group Counseling and Psychotherapy With Children and Adolescents* by Shechtman is to draw from a deep well of knowledge, experience, and research. This book contains a treasure trove of activities and guidance for the beginning as well as the experienced group therapist.” -Linda Noval, in *PsyCRITIQUES*, *Contemporary Psychology: APA Review of Books*. “In sum, the book presents a very enriching combination of updated theoretical background, with an extended body of examples, detailed explanations of how to conduct group counseling among children and adolescents and a true flavor of respect for young persons and their developmental needs” – Moishe Israelashvili, *Int. J. Adv. Counselling*, April 25, 2008

Dr. Shechtman has conducted groups and trained group counselors and psychologists for over 30 years. Her main research interest is in group counseling and group psychotherapy with children and adolescents who demonstrate social, emotional, and behavioral difficulties. She is the author of over 70 papers and book chapters, most of them in the area of group work. She is a fellow of the American Psychological Association (division of groups), The American Counseling Association (ASGW), and American Group Psychotherapy Association, and the Society for Aggressive Behavior. She serves on the editorial board of several journals on groups, including *Dynamic* and the *Journal for Specialists in Group Work*, and on the board of the *International Journal of Counselling*. She is a consulting reviewer for *The International Journal of Group Psychotherapy*, and an ad hoc reviewer for several other journals.

Read almost the entire book in a day. Good stuff. Very informative and gives a good handle on groups and kids. Easy to read and not dry, thankfully.

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