



Group Exercises for Adolescents: A Manual for Therapists

Susan E. Carrell

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The updated and expanded **Second Edition** of the best-selling **Group Exercises for Adolescents** contains six new exercises, together with a chapter on working with specialized groups

The "how to" manual provides both the foundation upon which to build for therapists new to groupwork and a fresh approach for experienced practitioners. It covers issues central to adolescence, including sex, emotionality, and family dynamics. Objectives for each exercise are included, together with examinations of possible pitfalls and problems. The manual provides a complete group program and can stand alone, or it can supplement an existing program.

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