

MOOD Management

A Cognitive-Behavioral Skills-Building Program
for Adolescents



Skills Workbook

Carol A. Langelier

Mood Management A Cognitive Behavioral Skills Building Program For Adolescents Skills Workbook

Padhraic Smyth



Mood Management A Cognitive Behavioral Skills Building Program For Adolescents Skills Workbook:

Mood Management Carol A. Langelier, 2001-01-09 Annotation Mood Management is a skills building programme designed to help adolescents learn to effectively manage difficult emotions such as anger depression anxiety and low self esteem On the basis of cognitive behavioural counselling theory it stresses the importance of practicing the skills introduced in each unit of the Skills Workbook to achieve and maintain emotional well being The Skills Workbook is primarily written from the perspective of a classroom guidance or group counselling programme however clinicians can easily adapt the information to facilitate individual therapy The workbook contains transparencies which provide visual references to help the adolescent

Mood Management Carol A. Langelier, 2001 This text provides a seven step programme to assist adolescents who display behavioural problems to deal with their emotions This manual is aimed at adolescents and features exercises and checklists for use by the participants

Mood Management Leader's Manual Carol A. Langelier, 2001-01-09 Adolescence is a confusing time it can be compared to a roller coaster ride so many highs and lows twists and turns It is a time when important decisions must be made but these are hard to make when one is coping with the emotional turmoil of adolescence Are you a child Are you an adult What is your identity Author and licensed psychologist Carol Langelier has developed a program that guides adolescents through this difficult developmental stage The Mood Management A Cognitive Behavioral Skills Building Program for Adolescents and its accompanying participant s Skills Workbook teach adolescents how to deal with their emotions by understanding what triggers the thoughts behaviors feelings and physical responses that create conflict Through a comprehensive seven step program this process demonstrates how to resolve self conflict and create and maintain behavior change Designed to be used in classroom guidance programs as well as individual or group counseling the Mood Management program provides adolescents with an opportunity to help one another steer clear of emotional traffic jams The Leader s Manual is a valuable asset to the program providing a brief introduction to the program the Skills Workbook answers questions provides masters for transparencies that can be used as visual aid and a guide for the transparencies The Leader s Manual together with the Skills Workbook will make a complete program ready for counselors The Mood Management program is perfect for two different audiences Counselors at the middle and high school level will find it useful in either their curriculum or as a training for students who have been designated as having behavior problems The second group is social workers and counselors who do group work with adolescents

Mood Management Leader's Manual Carol A. Langelier, 2001-01-09 Adolescence is a confusing time it can be compared to a roller coaster ride so many highs and lows twists and turns It is a time when important decisions must be made but these are hard to make when one is coping with the emotional turmoil of adolescence Are you a child Are you an adult What is your identity Author and licensed psychologist Carol Langelier has developed a program that guides adolescents through this difficult developmental stage The Mood Management A Cognitive Behavioral Skills Building Program for Adolescents and its accompanying participant s Skills

Workbook teach adolescents how to deal with their emotions by understanding what triggers the thoughts behaviors feelings and physical responses that create conflict Through a comprehensive seven step program this process demonstrates how to resolve self conflict and create and maintain behavior change Designed to be used in classroom guidance programs as well as individual or group counseling the Mood Management program provides adolescents with an opportunity to help one another steer clear of emotional traffic jams The Leader s Manual is a valuable asset to the program providing a brief introduction to the program the Skills Workbook answers questions provides masters for transparencies that can be used as visual aid and a guide for the transparencies The Leader s Manual together with the Skills Workbook will make a complete program ready for counselors The Mood Management program is perfect for two different audiences Counselors at the middle and high school level will find it useful in either their curriculum or as a training for students who have been designated as having behavior problems The second group is social workers and counselors who do group work with adolescents

Practical Interventions for Young People at Risk Kathryn Geldard,2009-07-09 The book s rich relevant and comprehensive contributions from experienced writers make it a substantial resource for teaching reference and research Mark Prever trainer writer and supervisor The needs and problems of young people are currently extremely topical and justify a dedicated textbook The wide range of internationally renowned authors contributes to the strengths and diversity of this publication enhancing its potential as a resource for students and professionals Jenny Pinfield University of Worcester This book responds to the urgent need for practical intervention approaches targeting young people at risk It provides a much needed practical resource for practitioners and students from a variety of helping professions Focussing on interventions that practitioners can use in collaboration with the young person the book offers hands on strategies for addressing challenges and issues typically face by young people such as Depression suicide and self harm Substance Misuse Problematic Sexual Behaviour Marginalised Youth Mental Health Issues Throughout the book multi disciplinary and international authors share their expertise highlighting relevant evidence based interventions and considering themes such as anti oppressive practice culture values and ethics It will prove invaluable reading for students and practitioners working with young people especially in the fields of youth work social work psychology counselling and education

A Guide to Self-Help Workbooks for Mental Health Clinicians and Researchers Luciano L'Abate,2014-01-14 Never has the need for a compendium of self help workbooks been so great From the founder of the world s first PhD program in Family Psychology comes an extensive guide to nearly all of the mental health workbooks published through 2002 Placed together in one volume for the first time A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers includes reviews and evaluates the complexity of each workbook in regards to its form content and usability by the client From abuse to women s issues this annotated bibliography is alphabetized by author but can also be researched by subject While self help workbooks are currently not as popular or as mainstream as self help books and video that could soon change Self help workbooks are versatile cost effective and can be

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Cognitive Behavioral Therapy with Children Katharina Manassis,2016-03-02 This new edition of Cognitive Behavioral Therapy with Children links together the methods of cognitive behavioral therapy CBT practiced in academic centers as well as the community This book addresses the challenges community practitioners face when pressured to use CBT with youth who live with mental health disorders but whose circumstances differ from those in research settings Practitioners will learn how to overcome therapeutic obstacles This new edition contains an expanded discussion on cultural considerations relevant to assessment and treatment as well as a new chapter on training others in CBT for children

Cognitive Behavior Therapy William T. O'Donohue,Jane E. Fisher,2012-06-13 Learn and apply the 14 core principles of cognitive behavior therapy In this invaluable guide clinicians will find identified and summarized by leading researchers and clinicians fourteen core principles that subsume the more than 400 cognitive behavioral therapy CBT treatment protocols currently in use so they may apply them to their everyday practice This unique contribution to the field provides practitioners with a balance of history theory and evidence based applications Edited by renowned experts in the field Cognitive Behavior Therapy explores the core principles behind all CBT protocols including Clinical functional analysis Skills training Exposure Relaxation Cognitive restructuring Problem solving Self regulation A straightforward introduction to CBT principles with guidance for all mental health professionals seeking to improve the lives of clients spanning a range of psychological problems Cognitive Behavior Therapy is designed for both new and experienced clinicians alike who want to deepen and broaden their understanding of CBT principles

Prevention Forum ,2003 **Modern Rhetoric in Culture, Arts, and Media** Joachim Knape,2012-12-19 The goal of this book is to formulate a modern theoretical approach for rhetorical studies in a variety of disciplines in the humanities media research and other cultural studies The discipline of rhetoric originally concerned itself with linguistic forms of communication and its basic theory was developed with such cases in mind With

respect to this ancient tradition there are numerous books that provide a historical overview of the field There is also a wide array of introductory works and research contributions that deal with the practice of political rhetoric On the other hand only a few 20th century academics have attempted to theoretically rehabilitate rhetoric after its decline as an academic discipline in Europe in the 18th and 19th centuries and to give rhetorical theory a modern new and further reaching perspective Two notable examples have been Kenneth Burke and Brian Vickers The book begins with the assumption that rhetoric is not merely limited to linguistic action but rather is present everywhere in the communicative world Against this background this work develops a modern theory of rhetoric and demonstrates in twelve chapters how methodical rhetorical analysis can be done in selected practical fields of application Literature Music Images and Film *The British National Bibliography* Arthur James Wells,2001

Development Across the Life Span Robert Stephen Feldman,2006 This chronologically organized book provides readers with a broad overview of the field of human development from the moment of conception through death focusing on physical cognitive and social and personality development Appealing to individuals with a myriad of different backgrounds and future goals this book offers the most current balanced coverage of theory and research A wide variety of chapter topics includes gene therapy brain development post partum depression child care effects home schooling cognitive developments stability of personality cultural approaches to development and attitudes toward aging and length of life For a better understanding of the experiences of life and development of humans **Ontwikkelingspsychologie II** Robert S. Feldman,2005

Practical Handbook of School Psychology Gretchen Gimpel Peacock,Ruth A. Ervin,Kenneth W. Merrell,Edward J. Daly, III,2012-07-20 Bringing together leading authorities this concise state of the science Handbook delves into all aspects of problem solving based school psychology practice Thirty four focused chapters present data based methods for assessment analysis intervention and evaluation with special attention given to working in a response to intervention framework Tools and guidelines are provided for promoting success in key academic domains reading writing and math Social emotional and behavioral skills are thoroughly Rational-Emotive and Cognitive-Behavioral Approaches to Child and Adolescent Mental Health: Theory, Practice, Research, Applications. Michael Bernard,Mark D. Terjesen,2021-01-04 This book is a newly revised version of the highly influential text Rational Emotive Behavioral Approaches to Childhood Disorders Theory Practice and Research based on an earlier volume by Bernard and Ellis The revised edition incorporates recent significant advances in applying this approach to younger populations updates best practice guidelines and discusses the burgeoning use of technology to deliver mental health services Featuring content from experts across a variety of areas the book provides clinical guidance to a range of professionals working with children including counselors social workers clinical and school psychologists It also offers extensive illustrated material self test questions and other useful resources to aid with use as a graduate level text or training reference Among the topics addressed Developing therapeutic skillsets for working with children and adolescents Promoting self acceptance in youth Building resilience in youth Parent counselling

and education Teacher stress management Cognitive Behavioral Rational Emotive Treatment of Childhood Problems highlights the potential for evidence based services to reach and positively influence child and adolescent populations that remain underserved by today s clinical and educational systems Flexibility Within Fidelity Philip C. Kendall,2021

Flexibility within Fidelity identifies how empirically supported treatments ESTs can be implemented with both integrity and flexibility The book is comprised of chapters focusing on specific ESTs for problem areas amongst adults and children adolescents including anxiety disorders PTSD pain management and depression among others *Handbook of Depression in Children and Adolescents* John R. Z. Abela,Benjamin L. Hankin,2008-01-01 This timely authoritative volume provides an integrative review of current knowledge on child and adolescent depression covering everything from epidemiology and neurobiology to evidence based treatment and prevention From foremost scientist practitioners the book is organized within a developmental psychopathology framework that elucidates the factors that put certain children at risk and what can be done to help Proven intervention models are discussed in step by step detail with coverage of cognitive behavioral interpersonal and pharmacological approaches among others Special topics include sex differences in depression understanding and managing suicidality and the intergenerational transmission of depression Evidence-Based Practice in School Mental Health James C. Raines,2019-03-19 Using the new DSM 5 as an organizing principle this book addresses the 12 most common mental disorders of childhood and adolescence Each chapter addresses the prevalence of a disorder in school age populations appropriate diagnostic criteria differential diagnosis comorbid disorders available rapid assessment instruments school based interventions using multi tiered systems of support and easy to follow suggestions for progress monitoring Subject Guide to Books in Print ,1971 Children's Books in Print ,1993

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Introduction

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