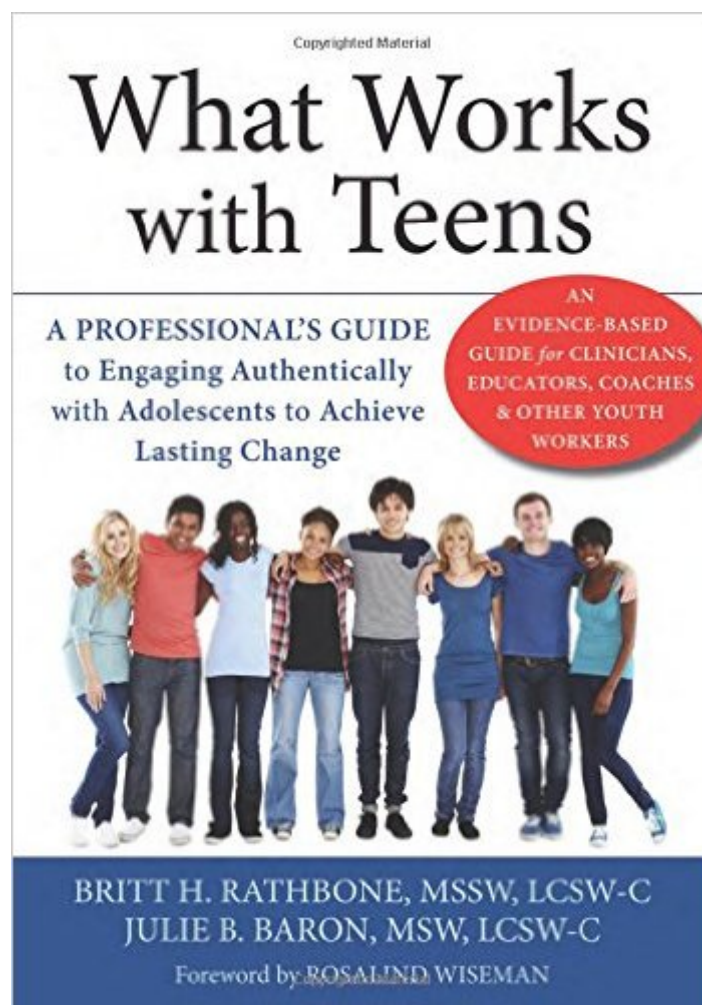# What Works With Teens: A Professional's Guide To Engaging Authentically With Adolescents To Achieve Lasting Change

Synopsis

Two clinical social workers offer clinicians, educators, coaches, and other youth counselors the first professional book that focuses on engaging authentically with teens in order to create lasting change. Anyone who works with teens should read this book.Â If you work with teens, you know they are notoriously challenging to communicate with. And when teens are resistant to help, they may respond by acting defiant, guarded, defensive, rude, or even outright hostile. In turn, you may respond by reasserting your authority—resulting in an endless power struggle. So how can you break the cycle and start connecting? In What Works with Teens, youâ ™ll discover the core skills that research shows underlie all effective work with teens. Youâ ™ll learn how to engage authentically with teens, create an atmosphere of mutual respect, and use humor to establish a deeper connection. Many books offer evidence-based approaches to treating teens, but very little information on how to establish and maintain a productive working relationship. This is the first trans-therapeutic book to provide real tools for creating a positive relationship with teens to help bolster effective treatment. Whether your background is in cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), psychotherapy, or any other treatment background, if you are looking for more effective ways to connect with teens and are ready for a program that really works, this book is a vital addition to your professional library.

Book Information

Paperback: 240 pages

Publisher: New Harbinger Publications; 1 edition (April 1, 2015)

Language: English

ISBN-10: 1626250774

ISBN-13: 978-1626250772

Product Dimensions: 6.9 x 0.6 x 9.9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (5 customer reviews)

Best Sellers Rank: #882,730 in Books (See Top 100 in Books)   #109 inÂ Books > Education & Teaching > Schools & Teaching > Counseling > Crisis Management   #424 inÂ Books > Medical Books > Psychology > Adolescent Psychology   #465 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry > Child

Customer Reviews

As a school psychologist and educator, this book is now on my list to reference and recommend to others. It is a reminder of the basic fundamentals to authentic relationship building and skills that are critical and central to making real meaningful progress with our future caretakers- our adolescent youth.

This book is a an excellent guide for any professional working with teens. I really appreciate the science based explanation of the many facets of teens brains and behavior. This book is extremely easy to follow and has some very useful strategies for working with teens. Kudos to both Rathbone and Barron on a job well done.

This book is a fantastic resource for anyone working or interacting with teenagers. Written with passion, expertise and warmth, it promotes understanding, compassion and respect for adolescents as they navigate their way to adulthood. The authors have valuable insights gained over many years of successful work with teenagers and their families, and they share them in a way that makes them easy to understand and incorporate in daily interactions with teens. A must-have book!

I think that What Works with Teens is a powerful guide for teachers, other professionals working with teens, and also parents. As an educator who has taught for over 28 years, with 15 years in middle school, I was amazed at the insights I gained about teens and about myself while reading this book. The emphasis on creating positive relationships with students validated my belief that engaging academic environments can lead to greater success for students. Baron and Rathbone organized their book using the essential characteristics of respect, authenticity, kindness, predictability, and acceptance. They used vignettes throughout the book to illustrate how various strategies could change relationships and result in positive outcomes for both students and adults. This format and the authors' insights make reading this book a truly engaging learning experience.

I found this book very enjoyable and informative. As a Middle School Head working with students who are just on the the cusp of teendom, I was a bit worried it would not be relevant; I was wrong. I loved that you broke down the 5 areas that made the biggest difference in helping make real change. They were explained clearly and the book, as a whole, was a very accessible read, which I think is sometimes hard with subject matter. I think the anecdotes and stories made a big difference.

Echo User Guide: Newbie to Expert in 1 Hour! A Lifelong Love: How to Have Lasting Intimacy,

Friendship, and Purpose in Your Marriage The Heaven Promise: Engaging the Bible's Truth About Life to Come How to Start a Business Analyst Career: The handbook to apply business analysis techniques, select requirements training, and explore job roles ... career (Business Analyst Career Guide) Sent Leader Guide: Delivering the Gift of Hope at Christmas (Sent Advent series) Hadoop: The Definitive Guide Learn to Write DAX: A practical guide to learning Power Pivot for Excel and Power BI MySQL Explained: Your Step-by-Step Guide The Definitive Guide to MongoDB: A complete guide to dealing with Big Data using MongoDB OCA/OCP Oracle Database 12c All-in-One Exam Guide (Exams 1Z0-061, 1Z0-062, & 1Z0-063) PHP: MYSQL 100 Tests, Answers & Explanations, Pass Final Exam, Job Interview Exam, Engineer Certification Exam, Examination, PHP programming, PHP in easy steps: A Beginner's Guide PHP and MySQL Programming for Beginners: A Step by Step Course From Zero to Professional (Programming is Easy Book 5) SQL: Beginner's Guide for Coding SQL (database programming, computer programming, how to program, sql for dummies, java, mysql, The Oracle, python, PHP, ... (HTML, Programming, Coding, CSS Book 7) MYSQL Programming Professional Made Easy 2nd Edition: Expert MYSQL Programming Language Success in a Day for any Computer User! (MYSQL, Android programming, ... JavaScript, Programming, Computer Software) C Programming Success in a Day & MYSQL Programming Professional Made Easy (Volume 10) If You Change Your Words It Will Transform Your Life Onward: Engaging the Culture without Losing the Gospel SQL: QuickStart Guide - The Simplified Beginner's Guide To SQL (SQL, SQL Server, Structured Query Language) PHP: MySQL in 8 Hours, For Beginners, Learn PHP MySQL Fast! A Smart Way to Learn PHP MySQL, Plain & Simple, Learn PHP MySQL Programming Language in Easy Steps, A Beginner's Guide, Start Coding Today! Unoffendable: How Just One Change Can Make All of Life Better