



Adolescent Girls in Distress: A Guide for Mental Health Treatment and Prevention

Laura Choate Ed.D. LPC NCC

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îLaura Choate has created an important resource for mental health professionals who work with adolescent girls. This nuanced text analyzes the cultural pressures that affect girls by presenting the most current research in the field. Both prevention and evidence-based treatment interventions are offered. A must have for the bookshelf of both the new and seasoned practitioner!î

Heather Trepal, PhD

Department of Counseling, University of Texas at San Antonio

îContemporary culture promotes a ëhot and sexyí diva image to girls, encouraging inner emptiness, depression, and even risk for self-injury, but Adolescent Girls in Distress is exactly ëwhat the doctor ordered!î A well-researched, thoughtful, and systematic antidote empowering professionals to create the resilience, resourcefulness, and resistance needed to navigate and thrive in this girl-toxic culture. A must-read for anyone concerned about todayís girls.î

Margo Maine, PhD, FAED, CEDS,
Eating Disorder Specialist and Author

Cultural stressors are affecting girls at increasingly younger ages, resulting in mental health issues such as depression, eating disorders, substance abuse, self-injury, and even suicide. This guide offers mental health professionals evidence-based treatment approaches and strengths-based prevention strategies that promote successful navigation of childhood and adolescence. Grounded in ecological systems theory, the book focuses on the socialization processes that begin in early childhood and contribute to the development of problems that are increasing in todayís adolescent girls. The book describes how the confluence of societal, family, peer, school, and individual developmental influences can negatively affect adolescents.

It considers the pressure on young girls to be sexualized and to look and act older than they are, the effects of consumerism and materialism, the pervasive use of social media, and the pressure to excel in all areasóstressors that can impede the development of an authentic self during this critical period of physical and emotional growth. Practical and detailed treatment interventions are provided for issues such as depression, eating disorders, substance abuse, self-injury, relationship violence, and sexual victimization. In addition, the book emphasizes the importance of early intervention to prevent problems, and the promotion of girlsí resilience to cultural pressures so they can successfully cope with complex life demands. Case studies, discussion questions, skill development activities, recommended readings, and online resources reinforce content.

Key Features:

- Includes detailed treatment interventions including strengths-based approaches and best-practice guidelines
- Focuses on socialization processes that begin in early childhood and contribute to the development of mental health problems

- Contains case studies, discussion questions, skill development activities, recommended readings, and online resources

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