
GROUP EXERCISES

A MANUAL FOR THERAPISTS

FOR ADOLESCENTS



SUSAN CARRELL



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Illustrated by Jack Wiens



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ABOUT THIS BOOK...

How can therapists overcome resistance and harness acceptance when working with adolescent groups? Group exercises are often used, but where can a therapist find properly conceived, well-designed exercises that will enable adolescents to disclose emotional material that is otherwise difficult to express? **Group Exercises for Adolescents** is a hands-on, how-to guide that presents 25 complete exercises. Equally valuable to the new therapist and the seasoned but beleaguered veteran, this practical guide addresses all the hot issues: sex, alcohol, drugs, family dynamics, self-esteem, anger, and more. For each exercise, both behavioral and cognitive objectives are discussed. Potential blunders and obstacles are explored, and solutions are offered.

An invaluable tool that avoids the usual "psychobabble," **Group Exercises for Adolescents** is a no-nonsense guide that provides a complete group program for therapists, counselors, and other helping professionals who work with adolescents.

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"The writing is highly readable and truly conveys Carrell's respect and enjoyment of working with adolescents. Clearly, she is very much in touch with the difficult process of living through teen years. I particularly enjoyed her sense of humor and personal anecdotes. Being a therapist for over 12 years, the learning process within the therapy session never seems to end and to read Carrell's honesty in referencing her 'blunders' and how it helped her learn and grow as a therapist made her all the more human."

—Jan Fieda, *Private Practice*



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