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REVERSING THE SPIRAL OF DEPRESSION FOR TEENS

AMY MEZULIS, PHD

Foreword by Janet Shibley Hyde, PhD

Reversing The Spiral

James Bell Pettigrew



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Expressive Therapies for Sexual Issues Sana Loue, 2012-08-24 This text is intended to help social work practitioners move beyond both these often accepted constructions of sexuality and the range of methods that are available to social workers in their clinical practice Various themes are apparent throughout each of the chapters in this volume the range of sexual experience and expression that exists across individuals a recognition of our society's responses to expressions of sexuality including the social attitudinal and cultural barriers that inhibit the expression of healthy sexuality and that constrain our approaches to assisting individuals with their recovery from trauma the need to consistently and painstakingly examine our own assumptions relating to sexuality in order to be more effective with our clients and the delicate balance that is often required when working with clients around issues of sexuality in the context of institutions community and societal structures

Reversing the Spiral of Depression for Teens Amy Mezulis, 2024-09-01 Teens living with depression often struggle with loneliness lack of motivation self doubt and negativity Written by a clinical psychologist specializing in adolescent mental health this engaging guide offers an array of prompts quizzes exercises and other activities to jumpstart teens motivation and turn damaging thoughts and behaviors into positive outlooks and actions that lead to a more promising future

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