

Preface

Adolescence (11–19 years age) has been recognized as a period of turmoil. This is a transitional stage characterized by rapid biological, psychological and interpersonal changes. The adolescent has dreams but many times fails in methods to achieve them. In the present scenario, many adolescents have to face high competition, unrealistic expectations and multiple distractions. It is not surprising that different types of psychological problems are manifested during adolescence.

Although, there is evidence that only 3–12 % of the adolescent population need help for various mental disorders, 25 % need help for adjustment problems and almost 40 % need help in developing life-skills and competencies to learn to deal with their problems effectively. Psychosocial support through Cognitive Behavioural Therapy (CBT) helps to bring changes in patterns of thinking, feeling and behaviour in an individual. CBT is a collaborative approach that teaches adolescents and their parents new ways of thinking (cognitive) and acting (behavioural) which are more balanced, less negative and lead to improvements in psychological well-being.

CBT empowers adolescents to solve problems and cope with their own difficulties while supporting parents with strategies to help their children achieve success. CBT also helps to improve psychosocial competence and builds resilience. Psychological empowerment is an adolescent's cognitive state characterized by a sense of perceived control, competence and goal internalisation. This is a proactive approach to life, which helps in adaptation, capacity building, provides a sense of well-being and prevents development of mental disorders.

There are different approaches to deliver CBT, namely individual CBT; group CBT; TF—Trauma Focused CBT; and self-help approach which includes Computerized CBT, Internet-based CBT and manual-based CBT; and Tele-CBT. Computer-assisted/Internet-based therapies have great potential to make psychological assessment and treatment more cost-effective than other approaches. These forms of therapies are feasible and efficacious and can reduce the stigma of visiting mental health professionals.

This book comprises 19 chapters and is divided into three parts. The first part provides an overview of problems faced by adolescents and the psychological

techniques that can be used to help them deal with mental health problems. Chapter 1 describes the prevalence and magnitude of mental health conditions among adolescents in India. Chapter 2 provides an introduction to Cognitive Behavior Therapy, its basic principles and applications in various mental health disorders. Chapter 3 enumerates the significance of community-based interventions for Indian adolescents.

The second and third part of the book (Building Skills and Interventions) has been developed out of intense research carried out on clinical populations. Each of the chapters describes modules in detail, including assessment of the adolescent and practical steps to be followed to bring change in the behaviour. Modules on building skills can be used in the school set-up by school counsellors and other mental health professionals working with adolescents. Chapter 4 imparts study skills that may help adolescents cope with academic difficulties. Different strategies are given to develop effective studying styles and to make studying more rewarding. Chapter 5 deals with relationship issues often precipitating emotional problems in adolescents. The chapter describes skills that may aid in interpersonal problem solving. Chapter 6, Anger Management, addresses the prevalent problem of anger and aggression in adolescents and imparts techniques for management of the same. Chapter 7 deals with Sleep Disorders in adolescents and elaborates on techniques for sleep management as well as sleep hygiene. Stress is a common problem among adolescents and is widely seen as a precipitating factor for many mental health issues, therefore, Chap. 8 focuses on imparting skills for effective stress management. Chapter 9 deals with management of pain-related issues in various disorders such as psychosomatic pain, fibromyalgia, etc.

The next few chapters (Interventions) focus on mental health disorders. The interventions described can be practiced, after training in clinical skills by professionally trained clinical psychologists. The practice of CBT requires extensive supervised training. It is imperative that only trained professionals practise CBT with utmost efficiency. Chapter 10, the management of Anxiety disorders, lays the foundation for CBT techniques. As anxiety is an underlying condition in many psychiatric and psychophysiological disorders, the techniques described have a wider application. Chapter 11 on Depression in adolescents, is very relevant to current mental health needs. Depression is manifested in adolescents in a different way compared to adults. Currently this disorder is becoming very common due to psychosocial stressors, which need specialized intervention. Obsessive Compulsive Disorder covered under Chap. 12 also provides self-help methods. Somatoform Disorder in adolescents are often seen in Indian and Asian cultures, but there is a scarcity of standardized psychological intervention and Chap. 13 aims at bridging this gap. Chapter 14 elaborates on a transdiagnostic approach to the management of headaches in adolescents, employing more recent modules to the practice of CBT in management of comorbid conditions. Chapter 15 focuses on management of Attention Deficit Hyperactivity Disorder in adolescents. ADHD is no longer limited to childhood, the adolescent period aggravates some other problems, which are being addressed in this chapter. Chapters 16–18 are based on more recent lifestyle-based issues faced by adolescents, namely Substance Abuse,

Internet Addiction and Obesity. These chapters enumerate intervention modules to address these concerns.

The final Chap. 19, Effectiveness of Cognitive Behaviour Therapy in Adolescents, focuses on the efficacy studies and applicability of cognitive behaviour therapy in various mental disorders.

All the modules are presented as practical steps in session format and guides the practitioner through the various techniques. This book aims at disseminating CBT techniques which are culturally adapted and are likely to empower adolescents with skills to make their life more meaningful, happier and worthy.

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