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Therapeutic Storytelling for Adolescents and Young Adults

Johanna Slivinske, Lee Slivinske

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Therapeutic Storytelling for Adolescents and Young Adults Johanna Slivinske, Lee Slivinske Adolescents are often an overlooked clinical population. Among school-based practitioners, there is a natural inclination to focus the delivery of mental health services, assessment measures, and intervention plans on younger children, and there is a strong research base to support these programs. On the other hand, the waiting rooms of most practitioners in private practice are filled with young and middle-age adults, couples, or families with young children. Because most therapists do not specialize in working with teens, who might make up only a small portion of their overall caseload, there is a need for high quality, easily implemented activities to help engage with adolescent clients.

This book provides an overview of the principles of therapeutic storytelling, developmental issues of adolescents and young adulthood, and their strengths-based model, before moving into a series of chapters devoted to specific issues. Commonly encountered topics such as sexuality, parent & peer relationships, substance abuse, violence & gangs, bereavement, and cultural and religious issues are covered within the chapters.

Includes a convenient companion website designed to facilitate ease of use for the busy professional or academic contains printable storytelling and activity worksheets, color photographs for phototherapy and guided imagery, and additional resources/website links.

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