



Counseling Adolescents Competently (Counseling and Professional Identity)

Lee A. Underwood, Frances L. L. Dailey

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Counseling Adolescents Competently is a comprehensive text for students and professionals compiling foundational and emerging skills in the counseling field. Authors Lee A. Underwood, Ph.D. and Frances L.L. Dailey, Ph.D. review extensive interventions ranging from assessment to diagnosis as well as fresh perspectives on working with this often challenging group. Employing clinical case scenarios and profiles that demonstrate key issues, this book helps the counselor-in-training to understand the relevant theories and research around adolescents to better engage in culturally relevant interventions and treatment planning.

Key Features

- Unlike most literature related to behavioral health services for adolescents, this text is crafted specifically for the profession of counseling, yet is applicable for all behavioral health providers.
- Case scenarios address critical issues impacting today's adolescents including their characteristics, technology issues, diagnoses and typologies, special needs, and interventions involving treatment planning.
- Themes that are commonly faced by teens, including trauma, grief, loss, emotional issues, sexual development, and peers are covered.
- A diverse range of adolescents from both urban and non-urban settings are examined.
- This book addresses a broad audience that includes students in behavioral health training, counseling, and school programs; the practicing provider; and administrative/clinical supervisors and educators.



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