



Behavioral Activation with Adolescents: A Clinician's Guide

Elizabeth McCauley PhD ABPP, Kelly A. Schloredt PhD ABPP, Gretchen R. Gudmundsen PhD, Christopher R. Martell PhD ABPP, Sona Dimidjian PhD

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This book presents the first behavioral activation (BA) program to help 12- to 18-year-olds overcome depression. The authors provide a systematic framework for increasing adolescents' engagement in rewarding activities and decreasing avoidant behavior. User-friendly features include session-by-session guidelines and agendas, sample scripts, and instructional materials. Strategies are described for actively involving parents and tailoring BA to each teen's needs and developmental level. In a large-size format for easy photocopying, the book contains 35 reproducible handouts. Purchasers get access to a Web page where they can download and print the reproducible materials.

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