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A Mindfulness-Based Approach to Working with High-Risk Adolescents

Sam Himelstein

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A Mindfulness-Based Approach to Working With High-Risk Adolescents is an accessible introduction to a new model of therapy that combines the Buddhist concept of mindfulness with modern trends in psychotherapy. Drawing on years of experience working with at-risk adolescents, the chapters explore ways to develop authentic connections with patients: building relationships, working with resistance, and ways to approach change using mindfulness-based techniques. Real-life interactions and illustrations are used to show how a mindfulness-oriented therapist can approach working with adolescents in individual and group settings, and the book also provides practical suggestions designed for immediate implementation. *A Mindfulness-Based Approach to Working With High-Risk Adolescents* is a must for any mental health professional interested in using mindfulness and other contemplative practices with at-risk youth.

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