



Helping Your Teenager Beat Depression: A Problem-Solving Approach for Families (Special Needs Collection)

Katharina Manassis, Anne Marie Levac

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The adolescent years can sometimes be trying, but are especially difficult for parents of a teenager with depression. Depression is a real and serious condition that can derail lives and put a child at risk. *Helping Your Teenager Beat Depression* offers parents a strategy that enables them to become active partners in the treatment of their child's depression. Chapters begin with an overview of teenage mood problems followed by an explanation of the authors' unique treatment approach, known by the acronym, LEEAPP (LEAP for short). Based on cognitive behavioural therapy (BT), a recognized and successful problem-solving strategy for changing distorted behaviours and thoughts, LEAP offers parents a plan to change a troublesome situation or negative pattern of interaction with their teen.

Parents first identify what behaviour (e.g. refusing to get out of bed) or attitude (e.g. unprovoked anger) they want to change, then create a LEAP plan to: LABEL their own thoughts and emotions related to their teen's behaviour; EMPATHIZE with their teen's perspective; EXPLORE ways to respond to this perspective; APPLY an alternative way to respond; PICK a follow-up time to evaluate the result; and PLAN ahead for the next step.

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