



Enhancing Self-Control in Adolescents: Treatment Strategies Derived from Psychological Science

By Norman M. Brier



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This book offers an innovative, trans-diagnostic approach to enhancing self-control in adolescents based directly on personality and social psychological science. It thus fills a void. While several books address specific disorders such as ADHD, poor school performance, and aggression, this is one of the first books to translate social and personality psychology research into a set of generally applicable treatment strategies. This literature as a whole is not well known to cognitive behavioral therapists or other applied mental health professionals and will be a valuable addition to their clinical knowledge base.

Because the interventions described in the book target the underlying processes common to self-control (rather than to specific diagnostic entities), clinicians do not have to master a treatment manual for each individual disorder. Instead, they are provided with treatment tools that they can modify and use flexibly with the large number of adolescent referred because of problems with self-control, who typically present with a range of symptoms and co-morbid disorders.

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Editorial Review

Review

"This book presents a trans-diagnostic approach to enhancing self-control in adolescents... His transdiagnostic approach signifies that the psychological intervention techniques outlined in the book can be applied effectively across many disorders and clinical conditions... This book is helpful for psychologists and other mental health professionals... The book is brief (114 pages) and should be easily accessible to most busy practitioners... *Enhancing Self-Control in Adolescents* brings a fresh and adaptable perspective to clinical treatment." --James K. Luiselli, Chief Clinical Officer, Clinical Solutions Inc., and North East Educational and Developmental Support Center, New England Psychologist

"Norman Brier provides a sophisticated but easy to utilize guide to understanding and treating self-control in adolescents. Dr. Brier takes us through the adolescent's mind and maps out symptoms often seen across diagnostic categories. This book is replete with case histories that demonstrate useful techniques and strategies that lead to planning and action! This text is an excellent addition to the literature on adolescent treatment and I highly recommend for every clinician's library." -- Robert Dicker, MD, Associate Director, Division of Child and Adolescent Psychiatry, Zucker Hillside Hospital; Associate Professor of Psychiatry, Hofstra North Shore-LIJ School of Medicine

"Norman Brier has masterfully integrated a vast amount of literature on self-regulation and control into a theoretically and empirically driven program for helping adolescents. This practical program will enhance their academic and social emotional self-regulation in school, home and other contexts. It is a capstone to a career dedicated to improving the lives of adolescents and should be read by all those who work with this population." -- Stephen Peverly, PhD, Professor of Psychology and Education, Chair of the Department of Health and Behavior Studies, Teachers College Columbia University.

About the Author

Norman M. Brier, PhD, is a psychologist who was a Professor of Pediatrics and Psychiatry and the Behavioral Sciences at Albert Einstein College of Medicine. He has directed an adolescent division serving youngsters with learning, attention, emotional, and self-regulation disorders for more than 40 years. Dr. Brier has written a number of original articles and several books related to adolescents and self-control. He maintains a private practice in Bedford, New York.

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The actual book *Enhancing Self-Control in Adolescents: Treatment Strategies Derived from Psychological Science* has a lot associated with on it. So when you read this book you can get a lot of gain. The book was compiled by the very famous author. This articles author makes some research just before write this book. This kind of book very easy to read you can get the point easily after reading this book.

Dorothy Jaramillo:

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