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About the Author

Matthew D. Selekman, MSW, LCSW,

is a family therapist and addictions counselor in private practice and Director of Partners for Collaborative Solutions, an international family therapy training and consulting firm in Evanston, Illinois. He is an Approved Supervisor with the American Association for Marriage and Family Therapy and a three-time recipient of the Walter S. Rosenberry Award from Children's Hospital. The author of numerous professional articles and seven books, including *Working with High-Risk Adolescents: An Individualized Family Therapy Approach* and *Collaborative Brief Therapy with Children*, Mr. Selekman consults worldwide to schools and treatment programs serving adolescents and their families. His website is www.partners4change.net.

Working with High-Risk Adolescents

An Individualized Family Therapy Approach

Matthew Selekman, MSW, LCSW

Foreword by Harlene Anderson

This innovative book focuses on helping high-risk adolescents and their families rapidly resolve long-standing difficulties. Matthew D. Selekman spells out a range of solution-focused strategies and other techniques, illustrating their implementation with vivid case examples. His approach augments individual and family sessions with collaborative meetings that enlist the strengths of the adolescent's social network and key helping professionals from larger systems.

User-friendly features include checklists, sample questions to aid in relationship building and goal setting, and reproducible forms that can be downloaded and printed in a convenient 8½" x 11" size. Blending family therapy science with therapeutic artistry, the book significantly refines and updates the approach originally presented in Selekman's *Pathways to Change*.

Find full information about this title online: www.guilford.com/p/selekman4

Critical Acclaim

"This book offers a real-world compass for working from a strengths-based, solution-oriented perspective with today's high-risk adolescents. It captures the craft of a seasoned practitioner, and benefits from the author's keen perspective on the interconnected family, societal, and individual attributes that can enhance an adolescent's growth and health."

—Mariann Suarez, PhD

"Selekman has done it again. He offers the reader an integrative client-centered therapy approach that is grounded in a long tradition of systemic and solution-focused therapies. We are given a front-row seat to observe a master therapist as he walks us through his own clinical cases to demonstrate his creative process. This book will surely inspire therapists to be more bold and adventurous in co-creating with family members a therapeutic experience that challenges and disrupts stagnant relational patterns and replaces them with new possibilities."

—Guy Diamond, PhD

"Intervening with high-risk adolescents and their families is probably the most challenging work that we therapists do. Selekman draws on extensive up-to-date research literature in presenting his strengths-based, integrative approach. He systematically selects from existing evidence-based approaches and also explains numerous creative interventions he has developed and used over the years. The book makes a strong case for therapists to flexibly individualize family therapy rather than rigidly adhering to a treatment protocol. Therapists should never find themselves stuck when working with these families again. This is also an excellent text for family therapy courses."

—Gilbert J. Greene, PhD

"It is hard to imagine this book ever being surpassed as a guide to working with adolescents in serious difficulty. Its solid grounding in solution-focused and strengths-based practice is supplemented by a distillation of theoretical and practical wisdom from a host of different therapeutic approaches. As well as dealing specifically with major issues such as violence and self-harm, Selekman offers a pathway through the delicate business of interdisciplinary and interagency collaboration. His suggestions are clear and simple, and he takes time to address every conceivable stumbling point on the way to a successful outcome. Selekman brings to this book not just a lifetime of face-to-face work with adolescents and their families, but also an erudition second to none. This book is a gift to the future of any struggling adolescent lucky enough to meet a professional who has read it."

—Chris Iveson

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Details & Ordering Info



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- 1. Navigating through Complex High-Risk Adolescent Mazes
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- 4. Collaborative Treatment Team Planning and Goal Setting
- 5. Co-Developing and Selecting Interventions to Suit Clients' Strengths, Theories of Change, and Goals
- 6. Family–Social Network Relapse Prevention Tools and Strategies

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