



Mood Management Leader's Manual: A Cognitive-Behavioral Skills-Building Program for Adolescents

Carol A. Langelier

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Author and licensed psychologist Carol Langelier has developed a program that guides adolescents through this difficult developmental stage. The **Mood Management: A Cognitive-Behavioral Skills Building Program for Adolescents**, and its accompanying participant's *Skills Workbook* teach adolescents how to deal with their emotions by understanding what triggers the thoughts, behaviors, feelings, and physical responses that create conflict. Through a comprehensive seven-step program, this process demonstrates how to resolve self-conflict and create and maintain behavior change.

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