



Innovative Skills to Support Well-Being and Resiliency in Youth

Nicole Nicotera, Julie Anne Laser-Maira

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Innovative Skills to Support Well-Being and Resiliency in Youth emphasizes the step-by-step procedures readers will need to implement evidence-based, innovative techniques and skills that emphasize well-being and resilience in youth. The strategies are specifically chosen to capture and hold the interest of youth who are often reticent to counseling. Furthermore, the skills-based approach of the book aims to demystify what one actually does in session with youth by moving away from the vagueness of talk therapy when youth have nothing to say, and toward sessions that engage youth in action, stimulating communication and change. *Innovative Skills to Support Well-Being and Resiliency in Youth* also advocates for practice interventions that empower youth to be in charge of their personal well-being and the healing process. By doing so, youth can take an active role in their own healthy functioning, as opposed to passively receiving treatment.

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