



Adolescentes violentos: Con los otros, con ellos mismos (Problem Solving) (Spanish Edition)

Elisa Balbi, Elena Boggiani, Michele Dolce, Giulia Rinaldi

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Un libro indispensable para todos los que están en contacto con el mundo juvenil: padres, profesores, educadores y psicoterapeutas.

El oficio de los jóvenes consiste en rechazar el mundo y la cultura de los adultos. La moderna terapia familiar nos enseña que no hay que interpretar la violencia como algo absurdo y malo en sí mismo: la rabia y la agresividad son vehículos con que los adolescentes tratan de comunicarse con nosotros, de decirnos alguna cosa. ¿Qué malestar se esconde tras estos comportamientos y cuándo se convierte en patología? ¿Existe alguna forma de afrontar con éxito las explosiones de violencia de un adolescente contra los otros o contra sí mismo, tanto en la familia como en la escuela? ¿Qué peso tiene el malestar multicultural en los hijos de familias inmigrantes?

Este libro explica cómo la terapia breve estratégica puede resultar eficaz en el tratamiento de esos problemas. Los autores no se limitan a un árido tratamiento teórico del tema, sino que ofrecen al lector un observatorio privilegiado, una forma de penetrar en la práctica clínica concreta a través de la discusión de casos y la transcripción de sesiones terapéuticas.

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