



Working with Challenging Youth: Seven Guiding Principles

Brent Richardson

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Working with Challenging Youth, Second Edition is a practical, reader-friendly guide through the pitfalls and problems that arise when working with at-risk youth. As in the first edition, the new *Working with Challenging Youth* builds on a solid theoretical base in reality therapy, cognitive-behavioral therapy, solution-focused therapy, systems theory, and humanistic philosophy to answer the question "What distinguishes the really effective professionals from the rest?" This second edition includes new sections on specialized, evidence-based approaches such as dialectical behavior therapy, mindfulness, collaborative problem-solving, motivational interviewing, and multisystemic therapy. This book also offers 7 guiding principles and 50 specific lessons to help bridge the gap between helping professionals and youth.

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