



# Adolescent Counselling Techniques Pdf

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Support Families · Provide Needed Assistance · Share In Our Work · Read Blog. the target group, the Youth and Adolescent Counselling Team has developed the counselling manual to strengthen the capacity of Lao Youth Union at central, provincial and district levels . Free Resources · View Resources · Read Our Blog. Counseling Adolescents Total Module Time: minutes (4 hours, 15 minutes) Learning Objectives After completing this module, participants will be able to:

- Discuss ways of establishing trust and rapport with adolescent clients
- Demonstrate effective counseling skills Methodologies
- Interactive trainer presentation.

digest and determine how to apply. New counselors are challenged to apply academic information, to conceptualize their clients, and to determine how to proceed in helping them to make the changes they desire; however, applying this information and moving for. In terms of techniques, CBT, psychodynamic, play therapy, humanistic therapies and interpersonal psychotherapy were all found to be beneficial, with some approaches seeming more beneficial than others with particular presenting problems. Now in its fourth edition, this bestseller has introduced thousands of trainees and practitioners to the theory, principals, skills and techniques of proactively counselling this client group. Counseling Adolescents Total Module Time: minutes (4 hours, 15 minutes) Learning Objectives After completing this module, participants will be able to:

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Counsellors use various techniques such as play therapy, art therapy, and cognitive-behavioural approaches to help young clients express themselves and develop coping skills to navigate challenges like family issues, peer pressure, trauma, or mental health concerns.