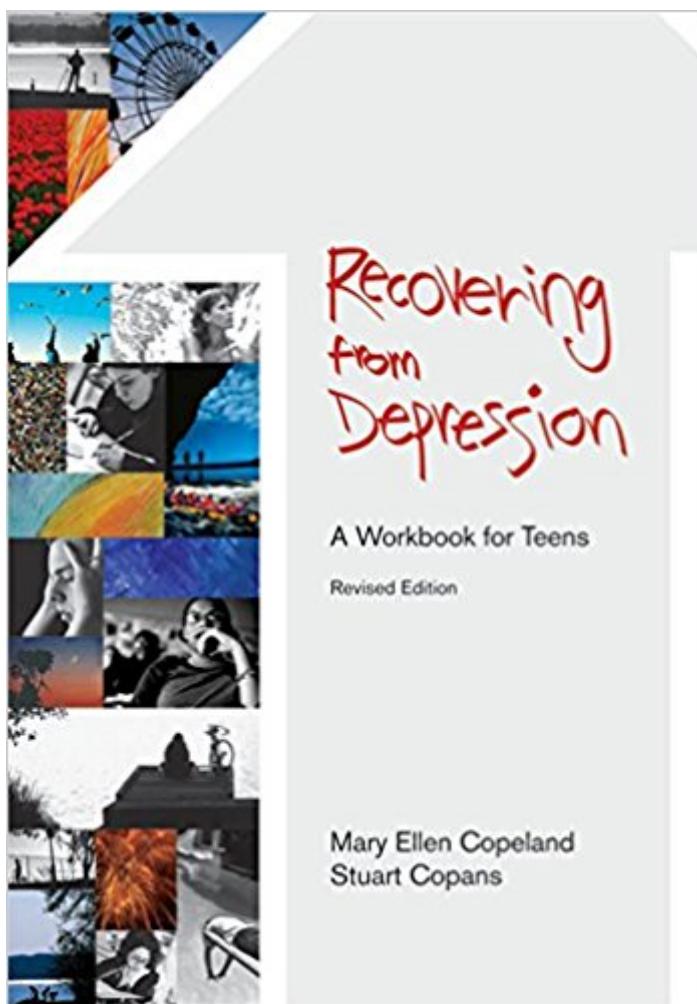


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# Recovering From Depression: A Workbook For Teens, Revised Edition



## Synopsis

Do you know...The warning signs of adolescent depression? The best ways to respond to a teen considering suicide?With suicide as the third leading cause of death among young people aged 15 to 24\*, school administrators, guidance counselors, and psychologists must understand • and know how to address • adolescent depression. This workbook is the lifeline they need! Counselors can use it in their work with teens, who'll use the surveys, checklists, practical tips, fill-in-the-blanks, and brainstorming activities to recognize depression in themselves, learn what they can do to feel better, and build a safety plan to stay well. And all education professionals can work through the book to increase their knowledge of the symptoms, causes, treatments, and effects of depression. Recovering from depression is possible • and this interactive workbook guides and supports both teens and the professionals who help them on the journey. This revised edition is packed with tips and activities on dealing with suicidal thoughts and feelings changing negative thought patterns to positive ones reaching out to friends and supporters avoiding substance abuse solving problems constructively recognizing and avoiding "triggers" of depression\*American Academy of Child and Adolescent Psychiatry, 2001

## Book Information

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## Customer Reviews

"Portrays constructive steps to great emotional well-being . . . a useful, practical, and teen-respecting book."--Jackie Stinton, Ph.D."Centre for Suicide Prevention" (03/03/2002)"A high-quality book well planned for its audience. . . . Could be especially useful as an individual

educational support or to serve as a focus for therapeutic group discussion."--Charlotte Ryan, Ph.D."St. Cloud University" (03/03/2002)"Book description in issue. Date unknown."

Mary Ellen Copeland, M.A., M.S., is a mental health educator. She has worked with adults and young people all over the world, teaching them how to recover from troubling conditions such as depression and how to stay well. She has also worked as a teacher, founding and directing a school for teens with special needs. She believes that if teens understand how they feel and know how to help themselves feel well, they will be happier and better able to do the things they want to do. She received her master's degree in counseling psychology from Vermont College of Norwich University and her master's degree in resource management and administration from Antioch New England Graduate School. She is the author of *The Depression Workbook: A Guide for Living with Depression and Manic Depression*; *Living Without Depression and Manic Depression: A Workbook for Maintaining Mood Stability*; *Wellness Recovery Action Plan*; *Winning Against Relapse: A Workbook of Action Plans for Recurring Health and Emotional Problems*; *The Worry Control Workbook*; *The Loneliness Workbook: A Guide to Developing and Maintaining Lasting Connections*; and *Healing the Trauma of Abuse: A Women's Workbook*, co-authored with Maxine Harris. Stuart Copans, M.D., is a husband, father, child psychiatrist, cartoonist, writer, speaker, book illustrator, paper cutter, bookplate designer, mail artist, book artist, swimmer, and canoe paddler (not always in that order). His children have all survived his parenting mistakes, for which he is grateful to them and to some undefined higher power. He enjoys collaborating with others and hopes they enjoy collaborating with him but always feels as if he's the lucky one in any collaboration. Dr. Copans graduated magna cum laude from Harvard University and received his medical degree from Stanford Medical School. He has researched parent-child interactions for the National Institute of Child Health and Human Development and has worked with adolescents in both inpatient and outpatient settings for nearly 30 years. He is on the faculty of Dartmouth Medical School and the University of Massachusetts Medical School and is board certified in child and adolescent psychiatry. Dr. Copans likes to write books that teach through humor or that help people deal with problems. His books include *Who's the Patient Here?: Portraits of the Young Psychotherapist*, co-authored with Thomas Singer; *How to Avoid the Evil Eye* by Brenda Rosenbaum; *Smart Moves: Your Guide Through the Emotional Maze of Relocation*, co-authored with Audrey McCollum and Nadia Jensen; *Twelve Jewish Steps to Recovery: A Personal Guide to Turning from Alcoholism and Other Addictions*, co-authored with Rabbi Kerry Olitzky; *The Healing Journey: Your Journal of Self-Discovery*, co-authored with Phil Rich; *The Healing Journey for Couples: Your Journal of*

Mutual Discovery, co-authored with Phil Rich; The Healing Journey Through Addiction: Your Journal for Recovery and Self-Renewal, co-authored with Phil Rich; and The Healing Journey Through Job Loss: Your Journal for Reflection and Revitalization, co-authored with Phil Rich and Kenneth G. Copans.

Good coping book

This book was very beneficial to our counselors with kids at risk and we purchased even more after we used the first order.

I have used this workbook with several adolescent girls with depression. The exercises were helpful and it was easy to understand.

The product was received in a timely manner. Smooth transition and description of product condition was accurate. Package was very secure.

As a teenager with depression I selected this book, not knowing what it was like. Well I started to read it and it all made sense. Every chapter focuses on a different part of depression, what it does or what you can do. Some things seem a little easy for an older teenager, but still helpful. I see that as being able to help all adolescents, at different ages. Easy to read and easy to understand.

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