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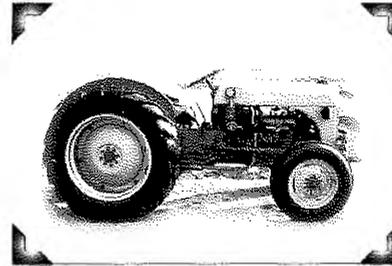


Companion

two parts Vol. LXXXVI No. 3

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Cover: We asked Covenant teens what they thought about family, school, the future, the world: 1635 responded. Their answers begin on page 9.

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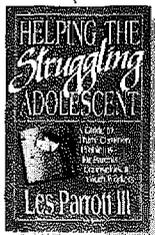


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Helping the Struggling Adolescent: A Guide for Parents, Counselors, and Youth Workers

Les Parrott III
Zondervan, 1993
272 pages, \$12.99



Helping the Struggling Adolescent: A Counselling Guide

Les Parrott III
Zondervan, 1993
144 pages, \$12.99

Helping the Struggling Adolescent: A Guide to Thirty Common Problems is not a pop psychology or easy-fix book, but an informed, straightforward overview of various problems with which many youth struggle. The author's Christian convictions permeate the book, but he makes use of the best of the findings in the fields related to each issue. Although for the most part the book is a good reference tool, people working with youth should read it straight through to become familiar with all of these issues.

The book opens with four chapters of sound principles and general insights for those who minister to adolescents. These are grounded in developmental theory and emphasize that counselors and parents must recognize their limitations and that young people must take personal responsibility.

The main portion of the book is a discussion of thirty problems—primarily psychological—experienced by many young people. There is no indication of the criteria for including these particular thirty problems—they are certainly not exhaustive—but they are at least a good cross-section. The issues range from anger, anxiety, grief, shyness, sleep disturbance, and spiritual doubt to abuse, drugs and alcohol, eating disorders, and schizophrenia. The chapters on each issue discuss *what* the specific struggle looks like, *why* it may have developed, *how* a counselor can help, *when* the adolescent should be referred to a(nother) professional, and *where* to find additional information.

While the introduction of the *Thirty Common Problems* is especially tailored

to parents, the companion book, *A Counseling Guide*, has three chapters written for the professional youth worker and counselor, including one on legal and ethical issues in counseling adolescents. This is followed by forty pencil-and-paper tests ranging from five to fifty items and including scoring procedures, sources of the tests, and cross-references to the thirty problem areas. The judicious use of such tests could significantly help a youth worker discern the nature and severity of the struggle.

These books will not make you a fully trained counselor capable of addressing all youth problems, but they will help you better relate to, assess, counsel, or refer the teens who look to you for help. Les Parrott, an ordained minister, psychotherapist, psychologist, and professor, has rendered a valuable service to all those who work with youth as they grow through their various pains and struggles. Parents, pastors, teachers, counselors, those who work with youth, and those who train youth workers will be well served by having these books to read and consult.

PAUL BRAMER

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