



Teen Treatment

They were such beautiful babies – but now some days they seem almost alien. Yes, the teen years can be very challenging. The problems are varied and critical: school and grades, self-esteem and confidence, depression, anxiety, family conflicts, communication, social skills, substance abuse. Even technology problems, self-harm, and suicidal thoughts.



Adolescent therapy is not the same as adult therapy and it isn't just having another authority figure, the therapist, tell a teen what to do. As a neutral party a teen may be more open to a counselor, but internalizing change requires establishing a strong therapeutic bond, with trust and respect.

At the Alpine Center we are committed to having a treatment program that will have an impact on the overall development as well as the specific problems of each teen patient. Our teen specialists have great expertise in reaching teens, even many who are resistant. This may be accomplished through traditional individual therapy and where needed family therapy. The Alpine Center also has a great teen therapy group.

About Group Therapy: Group therapy isn't for every teen, but because of how peer oriented most teens are, a positive therapy group can be one of the most effective treatment options. Group therapy includes a weekly 90-minute dynamic, active, group session with two therapists present. In addition we are unique in including several other interventions as part of our group therapy program. These may include:

- The use of peer counselors.
- Meaningful service projects.
- Experiential challenge courses.
- Supervised activities and parties.
- Opportunities for leadership and helping others through group sessions, service projects, activities, and peer counseling.



Talk to one of our teen specialists, Doug Nielsen or Brian Robinson, for more information.

Research has shown that because "adolescence is a time in our development when we especially value and are shaped by groups that there is little doubt that group psychotherapy is the treatment of choice for most adolescents." -Rutan, Azima, & Richmond, 1989