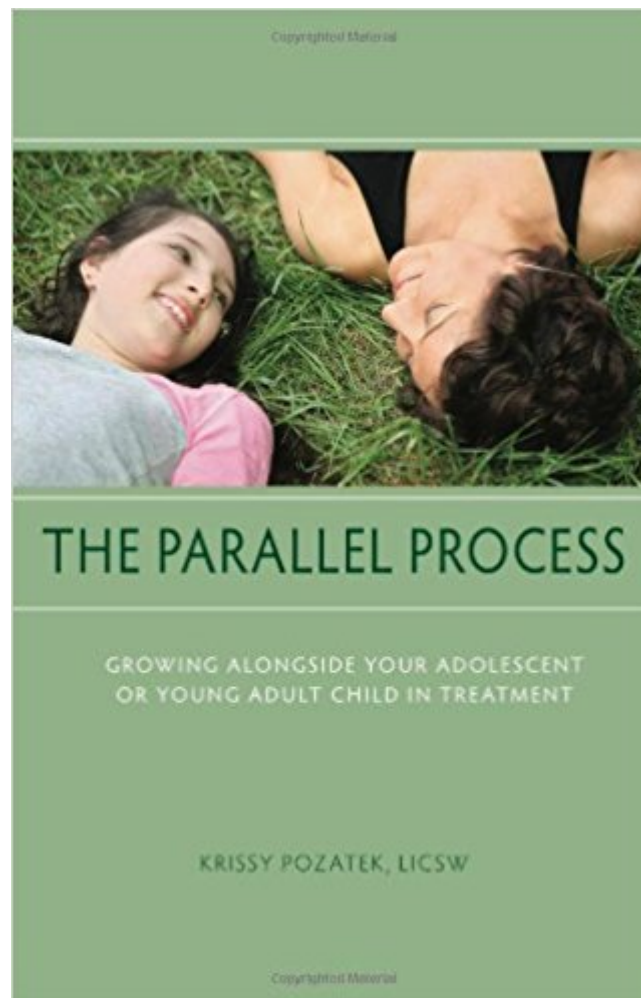




The book was found

The Parallel Process: Growing Alongside Your Adolescent Or Young Adult Child In Treatment



Synopsis

For many parents of troubled teenagers, a therapeutic program that takes the child from the home for a period of time offers some respite from the daily tumult of acting out, lies, and tension that has left the family under siege. However, just as the teenager is embarking on a journey of self-discovery, skill-development, and emotional maturation, so parents too need to use this time to recognize that their own patterns may have contributed to their family's downward spiral. This is The Parallel Process. Using case studies garnered from her many years as an adolescent and family therapist, Krissy Pozatek shows parents of pre-teens, adolescents, and young adults how they can help their children by attuning to emotions, setting limits, not rushing to their rescue, and allowing them to take responsibility for their actions, while recognizing their own patterns of emotional withdrawal, workaholism, and of surrendering their lives and personalities to parenting. The Parallel Process is an essential primer for all parents, whether of troubled teens or not, who are seeking to help the family stay and grow together as they negotiate the potentially difficult teenage years.

Book Information

Paperback: 192 pages

Publisher: Lantern Books; 7/26/11 edition (December 1, 2010)

Language: English

ISBN-10: 1590562364

ISBN-13: 978-1590562369

Product Dimensions: 5.6 x 0.5 x 8.5 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 73 customer reviews

Best Sellers Rank: #35,141 in Books (See Top 100 in Books) #105 in Books > Parenting & Relationships > Parenting > Teenagers #105 in Books > Textbooks > Social Sciences > Psychology > Psychopathology #155 in Books > Medical Books > Psychology > Pathologies

Customer Reviews

Krissy Pozatek, LICSW, has over ten years experience in wilderness therapy and adolescent treatment. She was educated at Middlebury College, Smith College School for Social Work, and NM Highlands University, and is a licensed clinical social worker. In her therapy practice Krissy works with parents so that they grow alongside their child in treatment. She lives in Vermont with her husband and two daughters.

You think you are protecting your child but over parenting can lead to kids who can't cope. It is hard to watch your children fail or be sad. With high achieving kids, it is so easy to grant them privileges beyond their maturity. Boundaries mean conflict--it is hard not to give in especially when you think you are rewarding great kids. Rewarding great kids can lead to no boundaries and no learned control and great kids won't have the skills especially if they are not mature enough to navigate bad influences.

This is one of the best books out there for parents of challenging kids/teens. It really helps parents to look at their part of the family dynamics. The book is written from the perspective of your child being in inpatient treatment. However, the parents' work is the same whether your child is in patient, out patient or no treatment. Parents have a role and need support to make changes to the relationship's dynamics. I highly recommend this book. It's easy to read.

I read because my daughter is in wilderness therapy. Our therapist highly recommended this book. It helps understand what to expect when they are coming out of wilderness as well as how to incorporate the skills they've so hardly learned.

Great book for any parent - how to raise your kids in today's day and age!

Excellent, thought-provoking

Highly recommend

This is a great read and resource for parents of troubled teens. It is a great tool for figuring out what you, as an individual, can change in your parenting to help your teen navigate through their difficulties. Well written, easy to understand and implement.

This is an essential guide for parents and therapists attempting to navigate troubled waters beside their teens or clients. I found the examples clear and encouraging. Will be recommending this book to parents of my patients.

[Download to continue reading...](#)

The Parallel Process: Growing Alongside Your Adolescent or Young Adult Child in Treatment

Growing Marijuana: Box Set - Growing Marijuana For Beginners & Advanced Marijuana Growing Techniques (Growing Marijuana, Marijuana Growing, Growing Marijuana Indoors)

Neinstein's Adolescent and Young Adult Health Care: A Practical Guide (Adolescent Health Care a Practical Guide)

Growing Marijuana: Marijuana Growing Tips and Tricks to Get Big Yields For Beginners! (Growing Marijuana For Beginners, Growing Marijuana Indoors & Outdoors, Growing Marijuana Tips and Tricks)

Growing Mushrooms for Profit: The Definitive Step-By-Step Guide to Growing Mushrooms at Home for Profit (Growing Mushrooms for Profit, Growing Mushrooms ... Mushrooms, Growing Oyster Mushrooms)

Weed: The Ultimate Quick Guide To Growing Great Marijuana (How To Grow Your Own Weed, Growing Marijuana for Beginners, Big Buds, High Yields, Growing Marijuana Indoors, Weed Growing Book 1)

Memes: Rare Adult Memes 2017 -(Adult Memes, Jokes For Adults, Funny Adult Jokes, Adult Joke Book, Sexy Meme, Free Meme, Adult Pictures)

Growing Marijuana: Big Buds, Growing Marijuana In Soil For Beginners (Growing Marijuana, Marijuana Cultivation, Marijuana Growing, Medical Marijuana, Marijuana Horticulture)

Learn German: Parallel Text - Easy, Funny Stories (German - English) - Bilingual (Learning German with Parallel Text Book 1)

Learn German III: Parallel Text - Easy Stories (German - English) Bilingual - Dual Language (Learning German with Parallel Text 3) (German Edition)

Learn German II: Parallel Text - Easy Stories (English - German), Dual Language - Bilingual (Learning German with Parallel Text Book 2)

Learn German IV: Parallel Text - Easy Stories (English - German) (Learning German with Parallel Text Book 4)

Learn Italian III: Parallel Text - Short Stories (Italian - English) (Learn Italian with Parallel Text Book 3)

Death March to the Parallel World Rhapsody, Vol. 3 (light novel) (Death March to the Parallel World Rhapsody (light novel))

Death March to the Parallel World Rhapsody, Vol. 1 (light novel) (Death March to the Parallel World Rhapsody (light novel))

Death March to the Parallel World Rhapsody, Vol. 2 (light novel) (Death March to the Parallel World Rhapsody (light novel))

Romeo and Juliet Parallel Text (Shakespeare Parallel Text Series Revised)

Cable-Driven Parallel Robots: Proceedings of the Third International Conference on Cable-Driven Parallel Robots (Mechanisms and Machine Science)

Psychiatric Certification Review Guide For The Generalist And Clinical Specialist In Adult, Child, And Adolescent Psychiatric And Mental Health Nursing

Beyond Chaos: One Man's Journey Alongside His Chronically Ill Wife

[Contact Us](#)

[DMCA](#)

[Privacy](#)

