



TANDEM

Gerard Stoyles

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There is little else more distressing for parents than to watch the relationship with their adolescent son or daughter fall apart. Both parent and adolescent can reach a point where they feel helpless to change the way events have turned out. Yet it is encouraging to know that help can come from using simply learned skills, such as open communication, mutual respect, and solving problems rather than fighting about them. This book first outlines the development of the Adolescent Problem Behaviour Assessment - a method of assessing the amount of harmful risk evident in adolescent behaviour. The reader is then introduced to the TANDEM programme. TANDEM teaches parents to identify the skills they already have, to consider using different parenting approaches, and finally to believe in themselves as confident, competent and loving parents. TANDEM has been written mainly for the helping professional, although parents will find the book valuable as well. Assessment questionnaires, normative tables, and the complete TANDEM parenting programme are provided. This book presents the helping professional with a comprehensive parenting package, from assessment to intervention.

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