



# Transforming Teen Behavior: Parent Teen Protocols for Psychosocial Skills Training

*Mary Nord Cook*

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**Transforming Teen Behavior: Parent-Teen Protocols for Psychosocial Skills Training** is a clinician's guide for treating teens exhibiting emotional and behavioral disturbances. Unlike other protocols, the program involves both parents and teens together, is intended for use by varied provider types of differing training and experience, and is modular in nature to allow flexibility of service. This protocol is well-established, standardized, evidence-based, and interdisciplinary. There are 6 modules outlining parent training techniques and 6 parallel and complementary modules outlining psychosocial skills training techniques for teens. The program is unique in its level of parent involvement and the degree to which it is explicit, structured, and standardized. Developed at Children's Hospital Colorado (CHCO), and in use for 8+years, the book summarizes outcome data indicating significant, positive treatment effects.

- Useful for teens with varied clinical presentations
- Evidence-based program with efficacy data included
- Explicit, user-friendly protocols, for easy implementation
- Appropriate for use by varied provider types in varied settings
- Includes activities, patient handouts, and identifies structured format and delivery

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