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Book Review

Supporting Adolescents and Teenagers with Stress and Anxiety: A Practical Guide.
Authors: Tina Rae, Jody Walshe and Jo Wood
Publisher: Hinton House Practical Therapeutic Resources.
Publication Country: United Kingdom
Year of Publication: 2022
ISBN: 978-1-90653-197-3
Reviewer: Tristan Middleton

This book is primarily a resource for school-based practitioners working with adolescents and teenagers, offering a range of ideas and resources to use when supporting the social, emotional and mental health needs of these young people. The publication offers support for work with individuals, groups and a whole school approach.

The introduction provides a clear explanation of stress and anxiety, relating these to the needs of adolescents and teenagers, with additional consideration of the context of a world which has been subject to the Covid-19 pandemic.

The first section gives a rationale for the approach and provides readers with a theoretical understanding which underpins the approach, as well as providing guidance on how the book can be used. Within this section the authors explain that the approach incorporates learning from a range of therapeutic techniques including Cognitive Behaviour Therapy, Solution Focussed Brief Therapy and Motivational Interviewing. A key aim of the authors' approach is to use a positive psychology approach to normalise anxiety and stress amongst adolsecents and teenagers, to enable these young people to develop succesful coping mechanisms.

The second part of this book offers guidance on leading 12 different sessions. Each section has guidance about the session, including a brief introduction and the session aims. The session guidance includes a range of photocopiable resources and worksheets. Each session is divided into a number of activities, for which there is guidance about the resources needed, aims and how to run the session.The particular strategies employed and whether the activity is suitable for individuals, small groups or whole groups are indicated for all activities. The sessions have a range of foci, including, Understanding Stress and Anxiety, Relationships, Loss and Bereavement, Exam Stress and The Future.

There is a final section where additional resources are provided as appendices. The book is clearly indexed and finding particular resources is easy to achieve.

Not only will this book provide practitioners with an understanding of the needs of teenagers and adolescents it will be very useful for practitioners who want to have a programe to follow and equally for those who would like to dip-in to the book to access individual resources. For those practitioners who are working within the context of secondary Nurture Groups, such as Teachers, SENCOs and Teaching Assistants, this book could provide original approaches to planning nurture group support. As such, this book could be a useful addition to school bookshelves as a planning, reference and CPD resource.

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