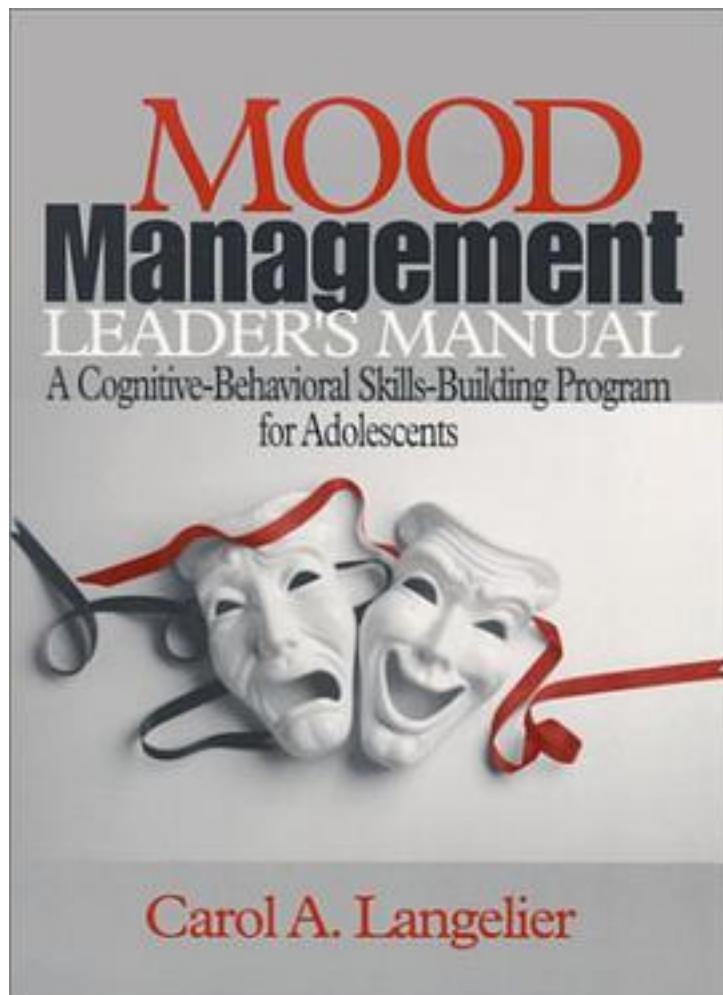


Mood Management



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出版者:

出版时间:2001-1

装帧:

isbn:9780761922971

Mood Management provides a seven-step programme to assist adolescents who display behaviour problems, to deal with their emotions. Carol A Langelier focuses on

teenagers who are 'normal', demonstrating how they can be helped to resolve self-conflict by understanding the thoughts, behaviour, feelings, and physical responses that trigger it. The Leader's Manual introduces the programme and includes answers to Workbook questions and a guide to the transparencies included. A Skills Workbook aimed at adolescents is available, featuring exercises and checklists for use by the participants.

作者介绍:

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