



Rebels with a Cause: Working with Adolescents Using Action Techniques

Mario Cossa

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Rebels with a Cause is a comprehensive guide to working with adolescents using action techniques and drama therapy.

Drawing on years of experience working with adolescents and of training practitioners in the field, Cossa provides a tried-and-tested model for working with adolescents in groups. Utilizing techniques found in psychodrama, sociodrama, drama therapy and sociometry, Cossa offers step-by-step practical guidelines on running a group development program and summarizes the supporting theory in easy-to-understand language. He offers advice on facilitating group and personal development, and also on working with particular groups of adolescents, for example those with developmental disabilities or from different cultures.

This illuminating and accessible book provides invaluable insight into working successfully - and enjoyably - with adolescent groups. It is essential reading for practicing therapists and anyone working with adolescents in therapeutic settings.

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