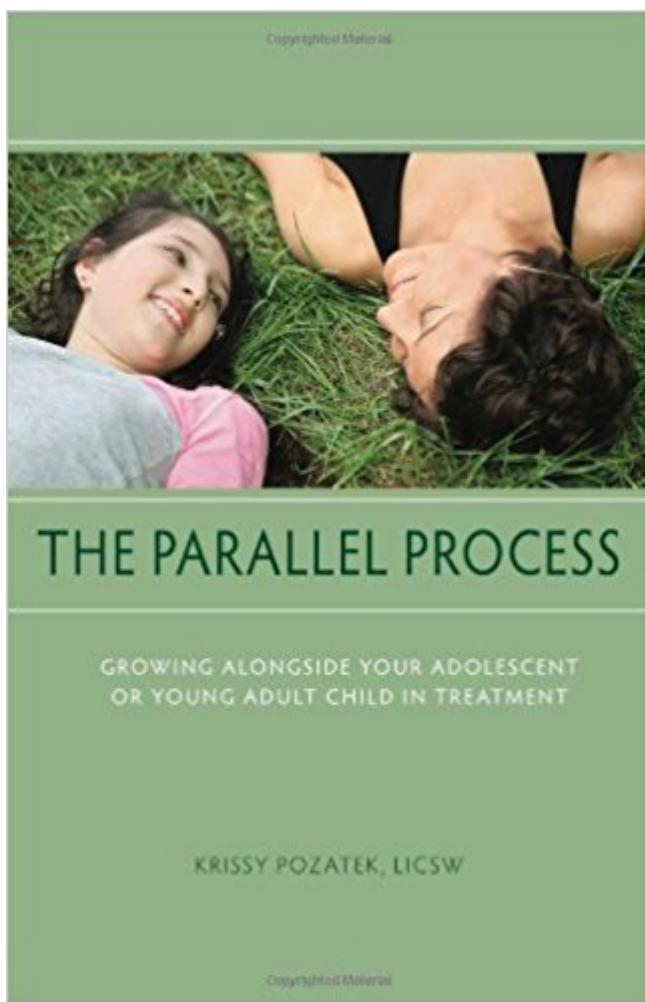


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# The Parallel Process: Growing Alongside Your Adolescent Or Young Adult Child In Treatment



## Synopsis

For many parents of troubled teenagers, a therapeutic program that takes the child from the home for a period of time offers some respite from the daily tumult of acting out, lies, and tension that has left the family under siege. However, just as the teenager is embarking on a journey of self-discovery, skill-development, and emotional maturation, so parents too need to use this time to recognize that their own patterns may have contributed to their family's downward spiral. This is The Parallel Process. Using case studies garnered from her many years as an adolescent and family therapist, Krissy Pozatek shows parents of pre-teens, adolescents, and young adults how they can help their children by attuning to emotions, setting limits, not rushing to their rescue, and allowing them to take responsibility for their actions, while recognizing their own patterns of emotional withdrawal, workaholism, and of surrendering their lives and personalities to parenting. The Parallel Process is an essential primer for all parents, whether of troubled teens or not, who are seeking to help the family stay and grow together as they negotiate the potentially difficult teenage years.

## Book Information

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## Customer Reviews

Krissy Pozatek, LICSW, has over ten years experience in wilderness therapy and adolescent treatment. She was educated at Middlebury College, Smith College School for Social Work, and NM Highlands University, and is a licensed clinical social worker. In her therapy practice Krissy works with parents so that they grow alongside their child in treatment. She lives in Vermont with her husband and two daughters.

You think you are protecting your child but over parenting can lead to kids who can't cope. It is hard to watch your children fail or be sad. With high achieving kids, it is so easy to grant them privileges beyond their maturity. Boundaries mean conflict--it is hard not to give in especially when you think you are rewarding great kids. Rewarding great kids can lead to no boundaries and no learned control and great kids won't have the skills especially if they are not mature enough to navigate bad influences.

This is one of the best books out there for parents of challenging kids/teens. It really helps parents to look at their part of the family dynamics. The book is written from the perspective of your child being in inpatient treatment. However, the parents' work is the same whether your child is in patient, out patient or no treatment. Parents have a role and need support to make changes to the relationship's dynamics. I highly recommend this book. It's easy to read.

I read because my daughter is in wilderness therapy. Our therapist highly recommended this book. It helps understand what to expect when they are coming out of wilderness as well as how to incorporate the skills they e so hardly learned.

Great book for any parent - how to raise your kids in today's day and age!

Excellent, thought-provoking

Highly recommend

This is a great read and resource for parents of troubled teens. It is a great tool for figuring out what you, as an individual, can change in your parenting to help your teen navigate through their difficulties. Well written, easy to understand and implement.

This is an essential guide for parents and therapists attempting to navigate troubled waters beside their teens or clients. I found the examples clear and encouraging. Will be recommending this book to parents of my patients.

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