

Table of Contents

Don't Keep It Inside: Talk It Out, <i>N. B.</i>	13
<i>With his fourth therapist, the writer finally finds someone he can open up to.</i>	
Therapy: What It's All About, <i>Carolyn Glaser</i>	18
<i>A therapist briefly describes what to expect.</i>	
Taking Control of My Moods, <i>Erica H.</i>	20
<i>Diagnosed with borderline personality disorder, Erica learns to manage her emotions through therapy and medication.</i>	
Get Outta My Head! <i>Charlene Carter</i>	27
<i>Charlene explores why foster youth are often resistant to therapy.</i>	
Opening Up, <i>Natasha Santos</i>	30
<i>Natasha connects with her latest therapist in a way she never managed in the past.</i>	
Getting Out of the Swamp, <i>Andrew Starr</i>	37
<i>Andrew's therapist helps him deal with his anger and sadness about not living with his family.</i>	
My Journey Back From Depression, <i>Samira Hassan</i>	42
<i>When Samira is sent to a mental hospital, she feels trapped until a sympathetic social worker helps her open up.</i>	

Contents

- Worried Sick, *Megan Cohen*..... 48
Megan has always been an obsessive thinker and worrier, but when her anxiety threatens her friendships, she decides to consult a psychologist for advice.
- Explaining Cognitive-Behavioral Therapy, *La'Quesha Barner*... 53
La'Quesha learns about a kind of therapy, that helps people change their behavior by changing how they think about it.
- A Shy Girl Finds Her Voice, *Mayra Sierra* 57
Mayra is skeptical about participating in music therapy, but the program helps her express her feelings.
- Listening to My Inner Child, *Aquella Mahdi* 62
In art therapy, Aquella creates a doll that stands for her “inner child”—and allows her to express childhood feelings that she’s kept hidden.
- Learning to Forgive, *Christopher B.*..... 67
Christopher begins to forgive his mom, and they start family therapy together.
- Family Therapy: A Safe Place to Connect 73
How family therapy can help parents and kids reconnect.
- Searching for Dr. Right, *Maya Noy*..... 76
Maya has been in therapy for years, but has had a hard time finding a therapist she feels comfortable with.

Contents

How Therapy Changed My Life, <i>Anonymous</i>	82
<i>At a youth shelter, the writer gets connected with a good therapist who helps him release his anger.</i>	
A Hard Pill to Swallow, <i>Gloria Williams</i>	88
<i>Gloria enjoys therapy until she's switched to a therapist she doesn't like and is put on medication that makes her feel like a "lab animal."</i>	
What Are Anti-Depressants? <i>Carolyn Glaser</i>	94
Inside a Psychiatrist's Head, <i>Gloria Williams</i>	96
<i>A psychiatrist talks about the pros and cons of medication.</i>	
Crazy for Psychology, <i>Erica Pierre</i>	99
<i>Erica decides that she wants to become a psychologist, but her family thinks that's crazy.</i>	
The Therapy Stigma, <i>Erica Pierre</i>	104
<i>Erica interviews psychiatrist Alvin Poussiant about why therapy has a bad name.</i>	
Walking Away From the Fight, <i>Anonymous</i>	107
<i>The writer turns to therapy when she can no longer handle her father's rage.</i>	
FICTION SPECIAL: Lost and Found, <i>Anne Schraff</i>	115

Contents

A Teen Guide to Getting Help..... 124
Mental Health Terms You May Want to Know..... 134
Teens: How to Get More Out of This Book..... 138
How to Use This Book in Staff Training 139
Teachers and Staff: How to Use This Book In Groups 140
Credits 142
About Youth Communication 143
About the Editors..... 146
More Helpful Books from Youth Communication 148