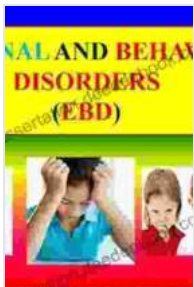


# Principle Guided Psychotherapy for Children and Adolescents: A Comprehensive Guide

## What is Principle Guided Psychotherapy?

Principle Guided Psychotherapy (PGP) is a child-centered and evidence-based approach to psychotherapy that focuses on helping children and adolescents understand and manage their emotions and behaviors. PGP is based on the principles of cognitive-behavioral therapy (CBT) and humanistic therapy, and it has been shown to be effective in treating a variety of mental health conditions in children and adolescents.



## Principle-Guided Psychotherapy for Children and Adolescents: The FIRST Program for Behavioral and Emotional Problems by Justin L. Lockman

★★★★★ 5 out of 5

Language : English  
File size : 4541 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 220 pages



## How Does PGP Work?

PGP works by teaching children and adolescents how to identify and change negative thoughts and behaviors that are contributing to their mental health problems. PGP therapists also help children and adolescents

develop coping skills to manage stress and difficult emotions. PGP is typically conducted in individual therapy sessions, but it can also be conducted in group therapy sessions or in a family setting.

## **What Are the Benefits of PGP?**

PGP has a number of benefits for children and adolescents, including:

- Reduced symptoms of mental health conditions
- Improved emotional regulation
- Increased coping skills
- Improved academic performance
- Improved social skills
- Increased self-esteem

## **What Are the Principles of PGP?**

PGP is based on the following principles:

- Children and adolescents are capable of change.
- Children and adolescents learn best through experience.
- Children and adolescents need a safe and supportive environment to grow and learn.
- The therapist-child relationship is a key factor in the success of therapy.

## **How to Find a PGP Therapist**

If you are interested in finding a PGP therapist for your child or adolescent, you can start by asking your child's pediatrician or family doctor for a referral. You can also search online for PGP therapists in your area. When you are looking for a PGP therapist, it is important to find someone who is experienced and qualified. You should also interview the therapist to make sure that you feel comfortable with them and that you think they would be a good fit for your child or adolescent.

PGP is an effective evidence-based treatment for a variety of mental health conditions in children and adolescents. PGP can help children and adolescents learn how to manage their emotions and behaviors, develop coping skills, and improve their overall mental health.



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