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The PRISM Workbook

A Program for Innovative
Self-Management

David B. Wexler, Ph.D.

The PRISM Workbook

Written in a lively style that will appeal to adolescents, this workbook is packed with cognitive and visualization strategies, as well as exercises that will promote self-management, self-soothing, and self-control. While it is designed to be used in the 16-group program described in *The Adolescent Self*, the workbook can be used with adolescents in any setting; in fact, counselors in clinics and private practice may find the exercises especially useful as homework and as a way of maintaining therapeutic continuity.

Among the topics covered are: Self-Talk, Observers, Self-Assertiveness, Active Listening, Peer Pressure, Teasing, Compliments, and Cue Therapy. Since the visualization exercises and cognitive techniques are inherently gratifying and produce results when used with family and friends, adolescents are likely to regard *The PRISM Workbook* as "friendly advice" to be used again and again as they gain power over their lives.

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