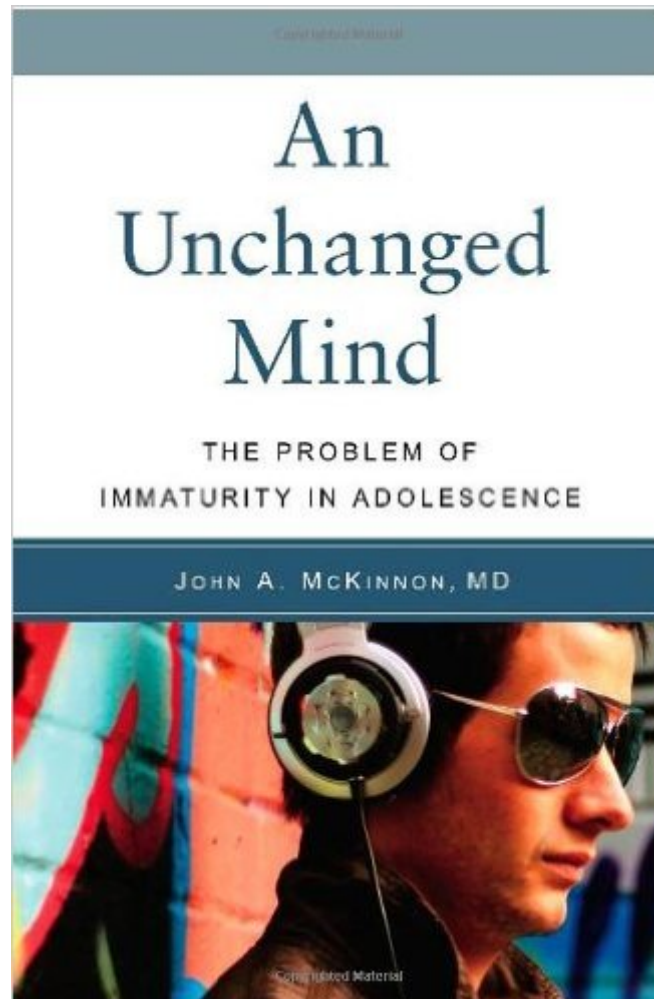


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An Unchanged Mind: The Problem Of Immaturity In Adolescence



Synopsis

An Unchanged Mind begins with a clinical riddle: Why are American teenagers failing to develop normally through adolescence? We are presented with case studies from a therapeutic boarding school for troubled teenagers: All new students had been deemed treatment "failures" after conventional psychiatric care. All were bright teenagers, full of promise, not obviously "ill." Yet they found themselves unprepared for the challenges of modern adolescence and inevitably failedâat school, at home, and among their peers socially. An Unchanged Mind is the discovery of the essence of this problemâdisrupted maturation and resulting immaturity. The book explains the problem carefully, with a brief review of normal development and an examination of the delays today's teenagers are suffering: the causes of those delays and how they produce a flawed approach to living. There is a solution. With a sustained push to help troubled kids catch up, symptoms abate, academic and interpersonal functioning improve, and parents pronounce their teens miraculously recovered. This remedy is not a matter of pharmacologyâand the cure is not in pills. The remedy is, instead, to grow up.

Book Information

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Customer Reviews

Finally somebody "gets" troubled teenagers! And can talk about it in straightforward, understandable English we can all understand--parents, psychologists, counselors and concerned adults. How I spent my winter vacation: I read this book in a week-end, camped out on the couch while my college aged kids buzzed in and out with their friends at New Year's. I kept mumbling to myself "That's so

right!" and chapter by chapter, block by block I put the theory and then the theory of action together, punctuated by slapping my forehead at the accuracy of the author's logic. I work for a public school district, so it takes a lot for me to complete a book like this on vacation time. It was written by one of the smartest guys anywhere (Harvard, Yale) who spent the past 10 years building a successful therapeutic school putting into practice what he learned about kids and their families as a Psychiatrist before that. Montana Academy is located in the boonies, where like every snowflake or starry night sky, the details of these kids' lives are studied without distraction. It starts unflinchingly with the 2 part problem statement, i.e. even when we know what works to save a suicidal or tormented teen, managed care rules and the voices of faceless insurance reviewers who have never met or seen the child insist on restrictions to treatment that prevent us from executing a plan toward mental health. These doorkeepers incur tremendous expense for society as a whole in the name of saving a nickel for insurance companies. And secondly, we haven't understood before what exactly is wrong with these kids because we are looking at the whole condition incorrectly. (I'll save the aha! moment for you to discover, so as not to spoil the read.

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