



# **Family-Centered Treatment With Struggling Young Adults: A Clinician's Guide to the Transition From Adolescence to Autonomy**

*Brad Sachs*

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*Family-Centered Treatment With Struggling Young Adults* is an indispensable guidebook to the unique set of problems and opportunities that families face when young adults are experiencing difficulty pulling anchor and setting sail. Renowned clinician Brad Sachs, PhD, provides both a conceptual framework for understanding the reasons behind the increasing number of young adults who are unable to achieve psychological and financial self-reliance and a treatment framework that will enable practitioners to help these young adults and their families to get unstuck and experience age/stage-appropriate growth and development. In *Family-Centered Treatment With Struggling Young Adults*, clinicians will gain an in-depth understanding of the complex psychological challenges that parents and young adults face as the latter forges a path towards success and self-reliance. Moreover, they'll come away from the book having learned an innovative approach to sponsoring family engagement and the launching stage—one that reduces tension, resolves conflicts, and promotes evolution and differentiation on both generations' parts.

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