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Understanding the Adolescent

George H. Orvin

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As we all know, adolescence is a time of growth. For many, it is an emotional time, filled with excitement, happiness, fear, rebellion, and confusion. During adolescence, roles are mapped out, and identities are established. Although for centuries society has recognized the effect adolescence has on children, it has all too often failed to discuss its effect on parents. How are parents performing during this time? Many parents worry about not doing enough, but are they doing too much? How is this struggle affecting their lives? Written for parents, Understanding the Adolescent illustrates just what it is the adolescent is attempting to do -- and why he or she must. Dr. Orvin seeks to focus not only on the child's growth during this turbulent period but also on the parents'. He addresses core issues such as how parents can best help their children, spouses, and themselves. With an intended audience including parents, teachers, counselors, and clergy, Dr. Orvin has written an easy-to-read, easily understood text. Readers will come to recognize that despite the tumult caused by adolescence, it is for the most part a healthy and natural process. And for exceptional cases in which families or adolescents become dysfunctional, Dr. Orvin has drawn on more than 30 years of experience to offer help and guidance in getting families back on track.

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