ConClUsions Since its introduction as one of the first formal CBT techniques, PST has been applied to a wide range of clinical disorders and health problems (D'Zurilla & Nezu, 2007) and is one of the most frequently used practice elements in EBTs for youth with internalizing disorders (Chorpita & Daleiden, 2009). In treatments for depression and anxiety, PST is used to teach youth to use problems as cues for action focused on changing the situation or better coping with the resulting negative emotions. By targeting coping skills that can be applied to newly emerging prob- lems, PST offers advantages for maintenance and generalization. The cognitive abilities underlying problem solving develop unevenly, and a scaffolding approach to teaching the skills is suggested. Sensitivity to culture and adapting PST .for diverse youth are also important

lakhasly.com © تم تلخيص النص بواسطة موقع لخصلي