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HELPING ADOLESCENTS WITH SOCIAL PHOBIA: A NEW TREATMENT PROTOCOL TO EMPOWER THEM IN SOCIAL SITUATIONS

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Contrasting with the invalidation social phobia with an early beginning may have, research on cognitive-behavioural conceptualization and treatment in children and adolescents with social phobia is scarce.

In our presentation, we will propose a new treatment protocol for adolescents with social phobia, based on the most widely accepted conceptualization model of social phobia in adulthood - Clark & Wells, 1995 - taking into consideration idiosyncrasies in this age group, and also incorporating a positive and acceptant attitude towards themselves and their symptoms, and a curiosity attitude in the changing process. The aim is not only to overcome their social phobia but also to enable the adolescents with a positive view of themselves and of their strengths to empower them to overcome other difficulties and to promote their self-determination, in order to pursue their life-long projects and values.