

Cognitive Behavioral Therapy as a Tool for Enhancing Adolescent Resilience

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Abstract. This research evaluates the effectiveness of Cognitive Behavioral Therapy (CBT) in enhancing resilience among adolescents facing various challenges. By implementing CBT techniques in school settings, we assess improvements in emotional regulation, problem-solving skills, and overall resilience. The study finds that CBT significantly contributes to adolescents' ability to cope with stress and adversity, suggesting its potential as a valuable tool for mental health interventions in educational environments.

Keywords: Cognitive Behavioral Therapy, Adolescents, Resilience, Mental health, Interventions

Introduction

Adolescents often encounter numerous challenges that require resilience and effective coping strategies. Cognitive Behavioral Therapy (CBT) has emerged as a promising intervention for enhancing resilience by equipping individuals with skills to manage stress and adversity. This study investigates the application of CBT in school settings to improve adolescents' emotional regulation, problem-solving abilities, and overall resilience. Through structured CBT programs, we aim to assess the therapy's impact on adolescents' capacity to cope with challenges. Our findings indicate that CBT can play a crucial role in fostering resilience, highlighting its potential as a beneficial mental health intervention in educational contexts.

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