

Adjustment Fact Sheet

Adjustment Disorder Best-Practice Intervention Strategies*

- Individual Psychotherapy focusing on cognitive behavioral techniques
- Family therapy to improve communication and to serve as a source of support
- Group therapy with peers to develop social and interpersonal skills
- Take prescribed medications consistently and monitor for side effects, if applicable
- Develop increased anxiety management skills and self-confidence
- Develop effective problem-solving skills
- Assess routinely for suicidality

** Compiled by from multiple sources;
citations available upon request.
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