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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