



Adolescentes en riesgo. Una mirada a partir de la resiliencia (Spanish Edition)

Blanca Estela Barcelata Eguiarte

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La presente obra tiene como propósito analizar aspectos teóricos y metodológicos, con una base empírica, de la resiliencia, a partir el enfoque de la psicopatología del desarrollo también denominado perspectiva evolutiva o ecológico transaccional, por su visión integral del desarrollo adolescente. Desde esta perspectiva o macroparadigma, la resiliencia implica un constructo multidimensional que refiere a la capacidad de adaptación positiva a pesar de un riesgo o estrés significativo, como la pobreza. En este sentido se hacen algunas consideraciones sobre la pobreza como un factor multifactorial asociado a distintas adversidades y estresores que representan un riesgo para los adolescentes. Se discuten algunos aspectos sobre la adolescencia y de lo que implica ser adolescente en México, por lo que se informa sobre los riesgos y trastornos de salud mental a nivel mundial y nacional. También se presentan hallazgos de investigación con adolescentes mexicanos de algunos factores de protección asociados con la resiliencia como: afrontamiento, apoyo social y habilidades psicosociales. Por último, se realiza un análisis de las implicaciones del estudio de la resiliencia en la adolescencia, para el desarrollo de políticas y acciones de salud mental en diferentes niveles de intervención, que privilegien tanto la prevención de problemas emocionales y de conducta como la promoción del desarrollo positivo de los adolescentes.

Esta obra va dirigida a profesionales de la salud mental en el ámbito académico y clínico, así como a todos aquellos interesados en el tema.

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