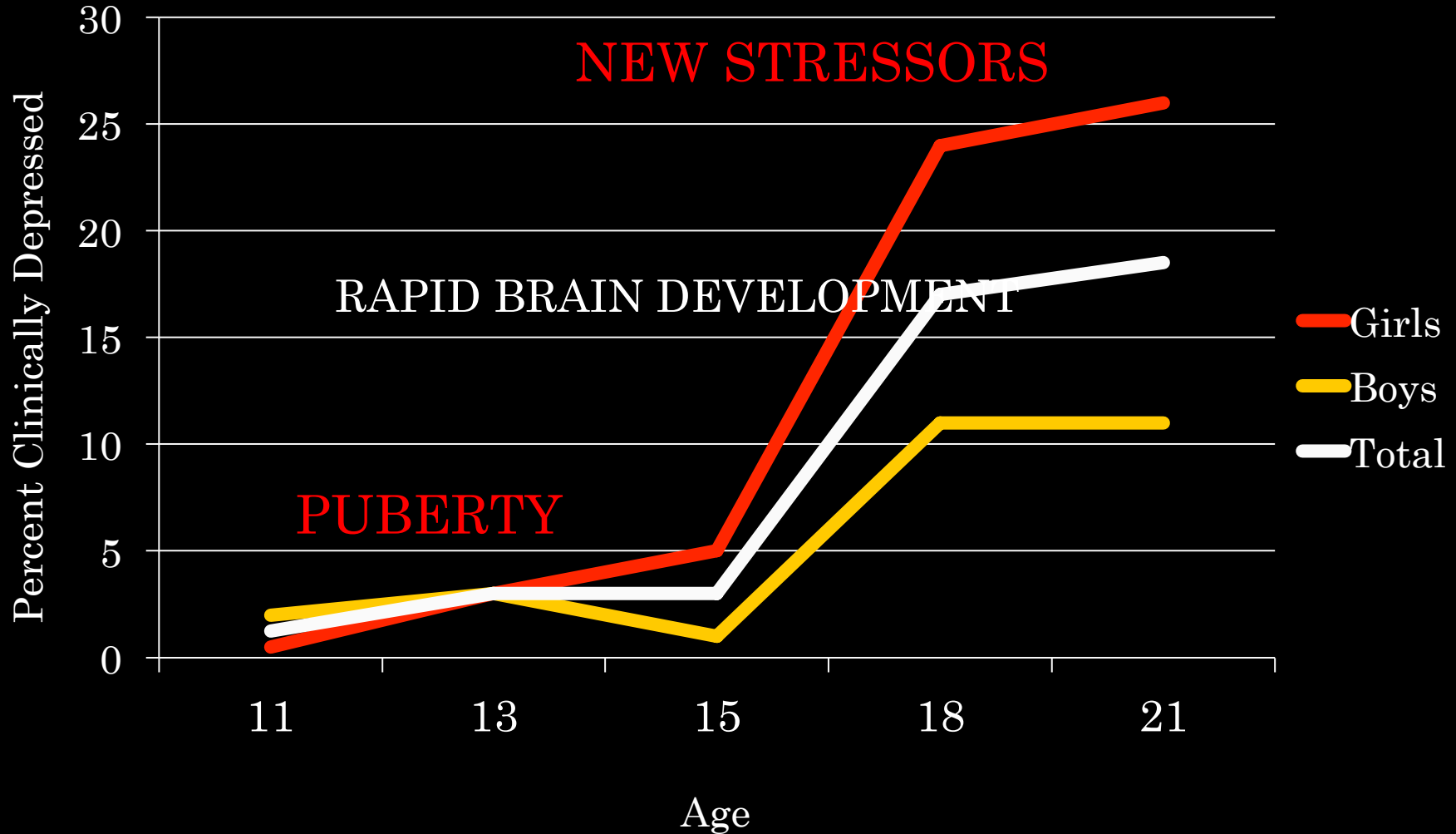


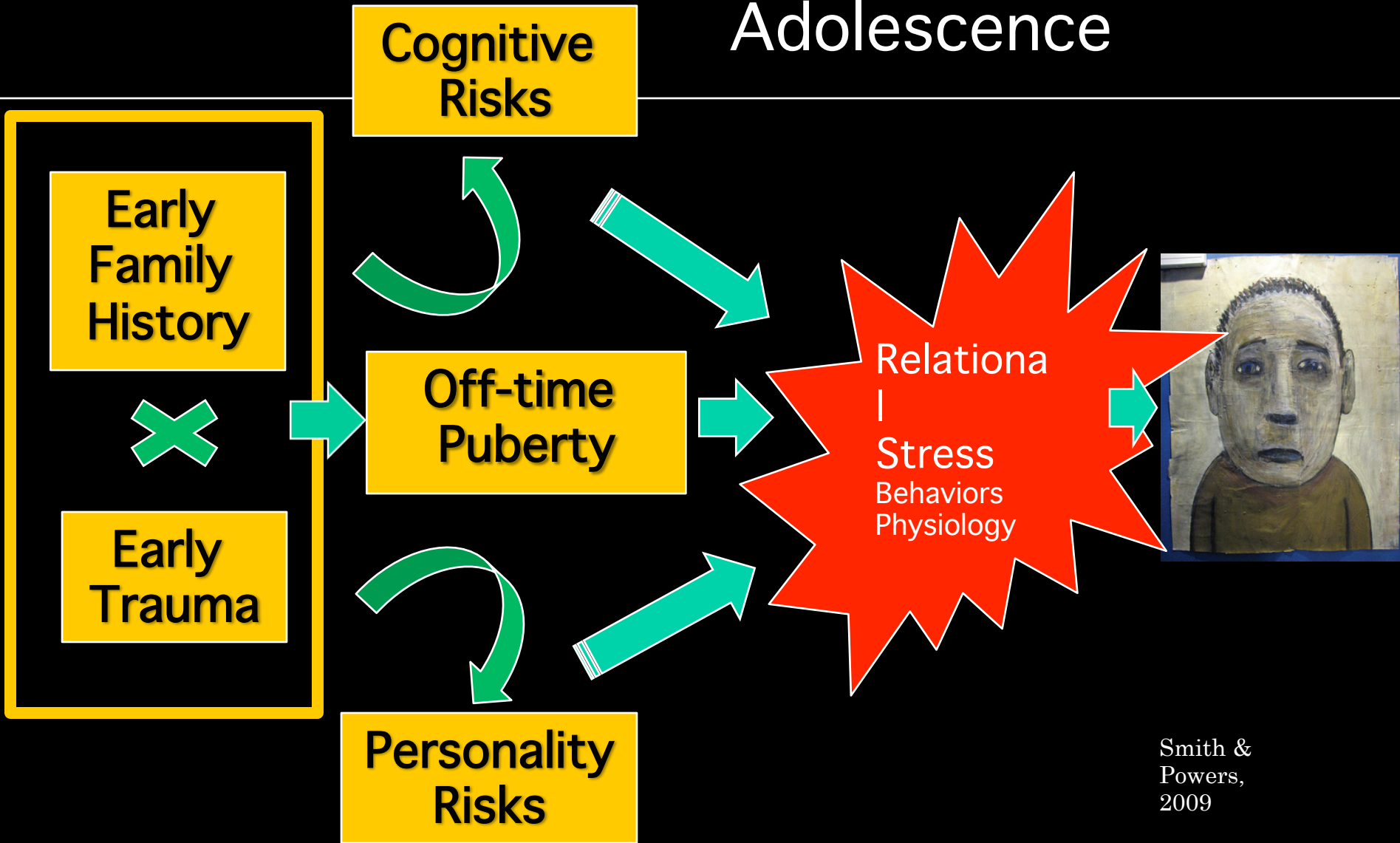


Adolescence: Window on Depression



Hankin, Abramson, Moffitt, Silva, & McGee (1998).

Adolescence



Smith & Powers, 2009



Stressful Life Events

- Abuse & Neglect
- Parental loss
- Economic strain



Chronic Relationship Stress:

- low level
- insidious
- non-traumatic
- normative

Coping with Normal Relationship Conflict

PROTECT THE
MAINTAIN THE
RELATIONSHIP
THE
RELATIONSHIP

REPRESENT
PROTECT YOUR OWN
THE POINT OF
VIEW



CARE FOR
YOUR PARTNER

Protecting the

R

Girls - Mothers

Conflict - Submission

**Young Women -
Boyfriends**

Anxious Conflict



**Attenuated Cortisol
Reactivity**

Protecting the Self

Boys - Mothers

Disengaged Submission

Young Men - Girlfriends

Holding Back & Withdrawal



Elevated Cortisol
Reactivity

- Create an environment to PRACTICE balance
- Tolerate and model balanced conflict
- Be alert for submission or arguing that is fearful of losing the relationship
- Be alert for withdrawal that is fearful of losing the self