Why Does Schizophrenia Develop at Late Adolescence?: A Cognitive-Developmental Approach to Psychosis

In this groundbreaking and innovative book, Chris Harrop and Peter Trower outline a whole new way of understanding schizophrenia. Controversially, they argue that symptoms seen as psychosis can be linked to the typical psychological development of adolescence and, in particular, to problems constructing an independent, adult self.

Governments around the world have given priority to "early intervention", i.e. the early diagnosis and treatment of young adults with psychotic symptoms. One of the main problems with this approach is that only a small proportion of these young adults can be expected to go on to develop schizophrenia, yet all the treatment regimes are derived from work with adults who have had full psychotic episodes.

Why Does Schizophrenia Develop at Late Adolescence? proposes a controversial new model of how schizophrenia develops in late adolescence and presents clinical material aimed at influencing the way psychosis is treated, building on a state-of-the-art reassessment of the field.

This unique psychological account of schizophrenia, written in accessible language, offers insights and practical therapeutic techniques that will be of value to young people with this problem, their families and anyone working with adolescents. For therapists and all those working in mental health services, particularly those interested in early intervention, this book is essential reading.