

Child and Adolescent Therapy: Science and Art

By Jeremy P. Shapiro

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Comprehensive introduction to the theory and practice of therapy

Child and Adolescent Therapy: Science and Art, Second Edition relies on both psychotherapy research and clinical expertise to create a comprehensive guide to evidence-based practice for providers of child and adolescent therapy. It includes explanations of all major theoretical orientations and the techniques associated with each, with application to the major diagnostic categories. This updated *Second Edition* includes a new chapter on Mindfulness-Based Cognitive-Behavioral Therapies (Dialectical Behavior Therapy and Acceptance and Commitment Therapy), incorporation of recent neuroscience research, instruction in Motivational Interviewing, and guidance in using therapeutic diagrams with young clients.

The book models the thought process of expert therapists by describing how the science and art of therapy can be combined to provide a strong basis for treatment planning and clinical decision-making. Theoretical concepts, empirically supported treatments, and best practices are translated into concrete, detailed form, with numerous examples of therapist verbalizations and conversations between counselor and client. *Child and Adolescent Therapy: Science and Art, Second Edition*:

- Explains the work of therapists from the ground up, beginning with fundamentals and moving on to advanced theory and technique
- Covers the major theoretical approaches: behavioral, cognitive, mindfulness-based, psychodynamic, constructivist, and family systems
- Guides therapists in planning effective treatment strategies with balanced consideration of outcome research, cultural factors, and individual client characteristics
- Connects treatment planning with the diagnostic characteristics of the major child and adolescent disorders

For both students and skilled clinicians looking for new ideas and techniques, *Child and Adolescent Therapy: Science and Art, Second Edition* offers a thorough, holistic examination of how best to serve young therapy clients.

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Editorial Review

Review

"This book is by far the most comprehensive and useful child therapy text. Amazingly well-written, it is both supremely helpful for new clinical graduate students and an outstanding, sophisticated review for clinicians and researchers. The second edition of this book is even more useful than the original text! The first edition filled a key gap by providing a broad array of useful and evidence based information to new child clinicians learning to conduct therapy with kids and teens. Because of its currency and clinical sophistication, it is also suited to busy practitioners who are looking for practical ways to integrate new, clinically relevant evidence and ideas. The writing engages the reader with a crisp style and clear real-world examples showing a deep understanding of evidenced based work with youth. The revised edition adds new material on mindfulness-based cognitive-behavioral therapies and motivational interviewing, and it weaves recent neuroscience research into discussions of clinical topics. To a unique degree, this book articulates the thought process of an experienced therapist as he or she integrates outcome research and clinical considerations to plan treatment strategy and decide what to do and say in work with clients. We use this textbook in our didactic practicum with new clinical graduate students at the University of North Carolina, and each fall, the students and I enjoy reading the combination of a broad perspective, specific techniques and logistical implementation ideas, as well as up to date references. *Child and Adolescent Therapy: Science and Art* is a helpful and detailed yet fun read for new and seasoned clinicians!"
—**Jen Kogos Youngstrom**, PhD, Professor of Clinical Psychology, Director of Child and Family Services and Assessment Clinic The University of North Carolina at Chapel Hill

"This book combines clear, insightful explanations of the major theoretical orientations, rigorous summaries of outcome research, and the clinical wisdom of an experienced therapist in a unique synthesis that shows readers how to plan treatment and decide what to say when with clients. My graduate students loved the first edition of this book—there’s nothing like it. The broad array of theoretical approaches that are covered helps to develop a comprehensive understanding of intervention approaches and provides a very solid foundation in child and adolescent therapy. This new edition has added an excellent chapter on mindfulness-based therapies and has infused a sophisticated neuroscience framework throughout the book. I highly recommend this text to mental health professionals working with young people and to graduate students beginning their work in child and adolescent therapy."
—**Sandra W. Russ**, Distinguished University Professor Case Western Reserve University

"As a researcher, clinician, and instructor in a school psychology graduate program, I appreciate books that offer breadth of content but also sufficient depth in evidence-based practices in order to best prepare future youth mental health professionals. After switching from other texts that were either overly broad and historical or too narrow, I adopted the first edition of this book as the required text for my introductory course in counseling and psychotherapeutic interventions. My graduate students and I have given this book the highest praise. We appreciate the clear, insightful explanations of theory and research and the detailed, vivid instructions for implementation that make the process of therapy come alive. Unlike edited books with chapters by different authors, this text presents psychotherapy as an integrated whole. The chapters cross-reference each other frequently to identify connections and contrasts among the major theories and to show how elements of different approaches can be woven together in customized therapy for each client. My students are particularly thankful for the numerous vignettes and example scripts that illustrate best practices and provide detailed demonstrations of effective therapy."

—**Shannon Suldo**, Professor, University of South Florida

"This book is essential for courses covering child and family therapy. It is comprehensive, well-written, engaging, well-organized, and informative. When I used the first edition, my students told me they looked forward to reading each week's assignment and that this is the book they return to again and again throughout their career as a resource for the most up-to-date information on interventions for various disorders. The author not only provides background information about the theory and evidence base behind interventions but also practical illustrations for how to implement interventions effectively and stylistic suggestions that demonstrate the art of conducting therapy. This book is a wonderful addition to any therapist's library, whether a therapist in training or an experienced therapist who wants to stay current."
—**Amy Przeworski**, Ph.D. Assistant Professor Case Western Reserve University

From the Back Cover

"My graduate students loved the first edition of this book — there's nothing like it. The broad array of theoretical approaches that are covered helps to develop a comprehensive understanding of intervention approaches and provides a very solid foundation in child and adolescent therapy. This new edition has added an excellent chapter on mindfulness-based therapies and has infused a sophisticated neuroscience framework throughout the book."
—Sandra W. Russ, Distinguished University Professor, Louis D. Beaumont University Professor, Department of Psychological Sciences, Case Western Reserve University

A THOROUGHLY REVISED INTRODUCTION TO THE THEORY AND PRACTICE OF CHILD AND ADOLESCENT THERAPY

Child and Adolescent Therapy: Science and Art, Second Edition offers practitioners an updated edition of this acclaimed guide. It includes the fundamentals of the various forms of psychotherapy that are grounded in the most current evidence-based research on child and adolescent therapy. Comprehensive in scope, this important resource bridges the gap between proven research and the art of practice and contains explanations of all major theoretical orientations and the techniques associated with each.

The text puts the focus on the day-to-day challenges of clinical practice and explores how expert therapists execute solid treatment plans and make productive clinical decisions. Theoretical concepts, empirically supported treatments, and best practices are presented in a concrete, detailed form, along with numerous illustrative examples.

Child and Adolescent Therapy: Science and Art, Second Edition contains:

- Both the fundamentals of the profession and advanced theories and techniques for treating children and adolescents
- A review of proven theoretical approaches including behavioral, cognitive, mindfulness-based, psychodynamic, constructivist, and family systems
- Information for planning effective treatment strategies that consider outcome research, cultural factors, and individual client characteristics
- Treatment planning that connects the diagnostic characteristics of the major child and adolescent disorders to the change process

Child and Adolescent Therapy: Science and Art, Second Edition is filled with the knowledge and skills professionals need to provide effective psychotherapy to children and adolescents.

About the Author

JEREMY P. SHAPIRO, PHD, is a Clinical Child Psychologist and an Adjunct Faculty Member of the Psychology Department and Mandel School of Applied Social Sciences at Case Western Reserve University.

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Angela Rodriguez:

With this era which is the greater man or woman or who has ability in doing something more are more special than other. Do you want to become certainly one of it? It is just simple method to have that. What you have to do is just spending your time not much but quite enough to enjoy a look at some books. One of several books in the top record in your reading list is actually Child and Adolescent Therapy: Science and Art. This book which is qualified as The Hungry Hills can get you closer in turning into precious person. By looking way up and review this book you can get many advantages.

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