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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	HELP YOUR CHILD OR TEEN GET BACK ON TRACK - WHAT PARENTS AND PROFESSIONALS CAN DO FOR CHILDHOOD EMOTIONAL AND BEHAVIORAL PROBLEMS; CONTENTS; INTRODUCTION; IS THIS BOOK FOR YOU?; HOW TO USE THIS BOOK; WHAT'S IN THIS BOOK; WHY I WROTE THIS BOOK; A BRIEF CONSULTATION; WHAT I MEAN BY "BACK ON TRACK"; SECTION 1 PARENTS' INTERVENTIONS; CHAPTER 1 WHAT TO DO WHEN YOU THINK YOUR CHILD HAS A PROBLEM; CHAPTER 2 THE RED FLAGS: AN ALPHABETICAL LIST OF SYMPTOMS; CHAPTER 3 DISRUPTIONS IN DEVELOPMENT: THE WHOLE CHILD; CHAPTER 4 TEN STEPS TO HELP YOUR CHILD GET BACK ON TRACK CHAPTER 5 COPING WITH YOUR FEELINGS WHEN YOUR CHILD SUFFERSSECTION III PROFESSIONALS' INTERVENTIONS; CHANGES IN CHILD MENTAL HEALTH TREATMENT IN RECENT YEARS; CHAPTER 6 EVALUATION AND TESTING: WHY, WHAT, WHO, AND WHERE?; CHAPTER 7 QUESTIONS ABOUT TREATMENT: WHO ARE THE HELPERS AND WHERE

ARE THEY?; CHAPTER 8 PSYCHOTHERAPY AND ITS SIDE EFFECTS;  
CHAPTER 9 MEDICATIONS AND THEIR SIDE EFFECTS; CHAPTER 10  
COMPLEMENTARY AND ALTERNATIVE THERAPIES AND THEIR

Sommario/riassunto

Ken Book Award Winner 2008. Gold Medal Winner in the 2008 IPPY awards. Help Your Child or Teen get Back on Track offers specific self-help interventions and a wide-ranging, practical discussion of the types of professional help available for a child or adolescent with emotional and behavioral problems. The book covers topics that would be discussed during a consultation with a child psychiatrist. The first section offers practical guidance and ideas to help parents understand their child's problems and learn to distinguish between normal disruption and that which warrants professional treatment.