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Psychodynamic Therapy; Psychoanalytic Theory; Assessment and Case Formulation; Change Processes; Outcome Research; The Therapist's Style; Facilitating Expression of Material; Interpretation and Insight; Dynamic Psychoeducation; Corrective Emotional Experience; Summary; Chapter 6 Constructivism: Solution-Focused and Narrative Therapy; Postmodernism and the Social Construction of Reality; Assessment and Case Formulation; Change Processes; Outcome Research; The Therapist's Style  
Solution-Focused Techniques; Narrative Therapy Techniques; Summary; Chapter 7 Family Systems Therapy; Systems Theory; Assessment and Case Formulation; Change Processes; Outcome Research; The Therapist's Style; Combining Family and Individual Modalities; Facilitating Communication; Systemic Insight; Reframing; Treating Enmeshment and Disengagement; Therapist Directives; Treating Positive Feedback Loops; Summary; Chapter 8 Atheoretical and Transtheoretical Techniques; Miscellaneous Techniques; Parent Counseling; Balance Between Extremes; Psychoeducation; Values in Psychotherapy  
Incorporating Experiences Into New Structures of Meaning; Overcoming Fear of Failure; Summary; Part II The Needs of Clients; Chapter 9 Cultural Factors in Therapy; The Role of Culture in Psychotherapy; Assessment and Case Formulation; The Therapist's Style; Connecting the Cultures of Therapy and Client; Conflicts Between Client Cultures and the Predominant Culture; Addressing Prejudice and Discrimination; Culturally Specific Adaptations of Therapeutic Approaches; Bringing Spirituality Into Therapy; Summary; Chapter 10 Disruptive Behavior in Children; Diagnoses Treated in This Chapter  
Clinical Presentation and Etiology

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## Sommario/riassunto

"Comprehensive introduction to the theory and practice of child and adolescent 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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