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Titolo	Raising a moody child [[electronic resource]] : how to cope with depression and bipolar disorder / / Mary A. Fristad, Jill S. Goldberg Arnold
Pubbl/distr/stampa	New York, : Guilford Press, c2004
ISBN	1-57230-871-0 1-281-22845-1 9786611228453 1-59385-962-7
Descrizione fisica	1 online resource (272 p.)
Altri autori (Persone)	Goldberg-ArnoldJill S
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Soggetti	Depression in children Bipolar disorder in children
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 247-254) and index.
Nota di contenuto	Preliminaries; Contents; Preface; 1 Difficult, Temperamental, Impossible; 2 What's Wrong with My Child; 3 Why My Child; 4 The First Step in Getting Good Treatment Is Getting; 5 Getting the Big Picture; 6 What Do Medications Offer; 7 What Should I Expect from Therapy; 8 Ten Principles for Managing a Mood Disorder; 9 Coping Skills for Moody Children; 10 Mood Disorders in the School Setting; 11 Crisis Management; 12 How Mood Disorders Affect Family Life; 13 How Can You Help Siblings; 14 How to Take Care of Yourself; Resources; References; Index; About the Authors
Sommario/riassunto	Every day can be an ordeal for families struggling with the difficult, moody, 'impossible' behavior that may point to childhood depression or bipolar disorder. Effective help for kids does exist, but it often requires a customized combination of medication, therapy, coping skills, and support. From esteemed clinician and researcher Dr. Mary Fristad and fellow treatment expert Dr. Jill Goldberg Arnold, this indispensable book explains how treatment works and what additional steps parents can take at home to help children with mood disorders--and the family as a whole--improve the quality of the

