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Nota di contenuto	Cover; Copyright Page; About the Authors; Contents; List of Child and Parent Handouts by Chapter; List of Group Game Materials by MF-PEP Child Session; PART I. Mood Disorders in Children and How Psychoeducational Psychotherapy Helps; Chapter 1. The Challenge of Treating Children with Mood Disorders; Chapter 2. Current Scientific Knowledge about Childhood Mood Disorders; Chapter 3. Implementing Psychoeducational Psychotherapy; Chapter 4. The Complexities of Establishing a Mood Disorder Diagnosis; PART II. Psychoeducational Psychotherapy Session by Session Chapter 5. Discussing Mood Symptoms with ChildrenChapter 6. Reviewing Symptoms and Disorders with Parents; Chapter 7. Teaching Children How to Separate Symptoms from Self and How Treatment Helps Symptoms; Chapter 8. Discussing Medication with Parents; Chapter 9. Discussing Healthy Habits with Children; Chapter 10.

Teaching Parents about Systems: Mental Health and School Teams;
Chapter 11. The Child's Tool Kit for Coping with Difficult Feelings;
Chapter 12. Discussing Negative Family Cycles and Thinking, Feeling,
Doing with Parents; Chapter 13. Thinking, Feeling, Doing with Children
Chapter 14. Problem-Solving and Basic Coping Skills for
ParentsChapter 15. Problem-Solving Skills for Children; Chapter 16.
Addressing School Issues with the School Team; Chapter 17. The
Communication Cycle and Nonverbal Communication Skills for
Children; Chapter 18. Communication Skills for Parents; Chapter 19.
Verbal Communication Skills for Children; Chapter 20. Planning for
Symptom and Crisis Management with Parents; Chapter 21. Working
with Siblings; Chapter 22. Wrapping Up with Parents and Children;
PART III. Child and Parent Handouts and Group Game Materials;
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Sommario/riassunto

Packed with ready-to-use clinical tools, this book presents the first evidence-based psychological treatment for school-age children with bipolar disorder or depression. Leading clinician-researcher Mary Fristad and her colleagues show how to integrate psychoeducational strategies with cognitive-behavioral and family therapy techniques. They provide nuts-and-bolts information for implementing the approach with individual families or groups. Kids learn to identify and manage mood states while parents learn essential skills for problem solving, crisis management, improving family functio
