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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 Parents Chapter 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; APPENDIX Resources References Index; About Guilford Publications; From the Publisher; Discover More Guilford Titles; Back Cover

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
