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Child and Adolescent Therapy Sep 22 2020

Comprehensive introduction to the theory and practice of 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.

Exposure Therapy for Children with Anxiety and OCD May 23 2023 Many providers have difficulty implementing exposure-based cognitive behavioral therapy for youth with anxiety and obsessive-compulsive disorder (OCD), despite it being the leading treatment for this condition. Exposure Therapy for Children with Anxiety and OCD: Clinician's Guide to Integrated Treatment provides a step-by-step framework for how providers apply exposure therapy in practice. The book begins with empirical support for the treatment followed by suggested implementation of exposures for specific conditions and ages. Tables of sample exposures and case illustrations are provided throughout the book and common challenges that may complicate implementation are addressed. Intended for busy providers to implement directly into practice, chapters provide clinical excerpts and illustrate techniques in an easy "how-to" format.

Summarizes empirical support for exposure treatment efficacy Recommends how to implement exposure therapy treatment for anxiety and OCD Provides guidance on overcoming common challenges when implementing exposures in practice Offers separate treatment guidelines for children and adolescents Integrates exposure therapy with other therapy modalities Includes case studies and clinical excerpts illustrating techniques **Children in Therapy** Nov 17 2022 In Children in Therapy, Everett Bailey brings together a stellar group of clinicians and researchers to describe the benefits and process of involving families in children's therapy and to discuss ways therapists can effectively integrate individual family members into the overall treatment of children. Divided into three parts, the book presents theoretical perspectives of five different competency-based approaches: solution-oriented brief therapy, narrative therapy, collaborative language systems therapy, internal family systems therapy, and emotionally focused family therapy; addresses common disorders or problems that children present with, for example: anxiety, depression, oppositional behavior, attention deficit/hyperactivity disorder, sexual abuse, physical abuse, and problems around divorce; and explains five additional applications for working with children and their families, including how to engage families in therapeutic play, how to involve parents and especially fathers in the therapy, and the importance of considering children's resilience and social and emotional development. Children in Therapy takes a comprehensive look at the ways therapists can use the family as a resource and draw on the inherent strengths of children and families in order to help children heal. For students and experienced clinicians who wish to expand their therapeutic approaches with children, this book is an invaluable resource.

Art as Therapy with Children Jul 01 2021 Drawing from the works of disturbed children, the author discusses the therapeutic value of art in treating psychological problems.

Tools for Effective Therapy with Children and Families Jan 07 2022 Tools for Effective Therapy with Children and Families provides mental health professionals with step-by-step tools and strategies for effective therapeutic outcomes with children and their families. An integration of solution-focused brief therapy and play therapy, this groundbreaking book is uniquely suited to clinicians working with school-aged children and their parents. Tools for Effective Therapy with Children and Families uses clearly articulated and creative play activities to elicit conversations about solutions, successes, and collaborative goals with clients. Session transcripts and technique illustrations throughout the chapters allow clinicians to see the solution-focused approach in action.

EMDR and the Art of Psychotherapy with Children Oct 24 2020 "A great deal has changed in the world and in the world of psychotherapy since the publication of the second edition in 2017. Therapists, children,

and families have faced a global pandemic, struggled through the traumatization of increased school shootings, and coped with escalating divisiveness within communities. Needless to say, children and families need more support and encouragement than ever. To that end, EMDR and the Art of Psychotherapy With Children: Guidebook and Treatment Manual, 3rd edition, assists child therapists with new EMDR therapy approaches and tools designed to meet these challenges while incorporating the foundational procedures of standard EMDR therapy"--

What Works when with Children and Adolescents Dec 26 2020 Designed for counselors, school psychologists and others, this practical handbook offers creative, useful interventions for problems children and adolescents commonly experience.

Trauma and Play Therapy Apr 29 2021 Trauma and Play Therapy synthesizes new developments in the study of children's trauma recovery to assist clinicians in combining play therapy with other powerful ways of addressing the needs of hurt children. The TraumaPlay™ model, formerly known as Flexibly Sequential Play Therapy, equips practitioners to manage and adapt aspects of the play therapy place and process in order to help children tell their stories while draining the emotional toxicity from traumatic experiences. Chapters explore the neurobiological and developmental foundations of play therapy as well as strategies for navigating children's trauma in relation to specific aspects of play therapy such as sensory integration, metaphor, and humor. Enriched by a tapestry of illustrative case examples and tools for therapists, this is a vital new book for clinicians working at the intersection of play and children's trauma.

Touch in Child Counseling and Play Therapy Aug 14 2022 Touch in Child Counseling and Play Therapy explores the professional and legal boundaries around physical contact in therapy and offers best-practice guidelines from a variety of perspectives. Chapters address issues around appropriate and sensitive therapist-initiated touch, therapeutic approaches that use touch as an intervention in child treatment, and both positive and challenging forms of touch that are initiated by children. In these pages, professionals and students alike will find valuable information on ways to address potential ethical dilemmas, including defining boundaries, working with parents and guardians, documentation, consent forms, cultural considerations, countertransference, and much more.

Group Therapy with Children and Adolescents Sep 03 2021 Group Therapy With Children and Adolescents explores a major treatment modality often used with adult populations but rarely considered for child and adolescent treatments. With contributions from experts in the United States and abroad, this book looks at the effectiveness -- in both treatment and cost -- of group therapy as it applies to these particular age groups. As psychiatric techniques have evolved, many varieties of

group therapies have been developed and applied to child and adolescent psychiatry. Included in this book is an in-depth discussion not only of the theory and practice of group psychotherapy as used with children and adolescents, but also of the many varieties that have evolved as clinicians have sought new ways of tackling old problems. Include are chapters on adolescents with eating disorders, suicidal adolescents, and adolescents with drug problems. Inpatient, outpatient, education-oriented, and more traditional groups are all considered.

Cognitive-Behavioral Therapy for Anger and Aggression in Children

May 19 2020

This highly practical book presents an evidence-based individual therapy approach for children and adolescents experiencing anger problems. Comprising 10 child sessions and three parent sessions, the treatment addresses anger management, problem solving, and social skills. Sessions are described in step-by-step detail, complete with helpful case examples and therapist scripts. The authors show how to flexibly implement a range of cognitive and behavioral strategies while maintaining treatment fidelity. Reproducibles include 38 worksheets and handouts, plus therapist checklists and parent forms, all in a convenient large-size format for easy photocopying.

Internal Family Systems Therapy with Children

Jun 12 2022 Internal Family Systems Therapy with Children details the application of IFS in child psychotherapy. The weaving together of theory, step-by-step instruction, and case material gives child therapists a clear roadmap for understanding and utilizing the healing power of this modality. In addition, any IFS therapist will deepen their understanding of the theory and practice of Internal Family Systems by reading how it is practiced with children. This book also covers the use of IFS in parent guidance, an important aspect of any therapeutic work with families or adult individuals with children. The poignant and humorous vignettes of children's therapy along with their IFS artwork make it an enjoyable and informative read. Applies the increasingly-popular Internal Family Systems model to children Integrates theory, step-by-step instruction, and case material to demonstrate to therapists how to use IFS with children Contains a chapter on using IFS in parent guidance Includes a foreword by Richard Schwartz, the developer of the Internal Family Systems model

Trauma Systems Therapy for Children and Teens, Second Edition

Jun 24 2023 "For too many traumatized children and their families, chronic stressors such as poverty, substance abuse, and family or community violence--coupled with an overburdened care system/m-pose seemingly insurmountable barriers to treatment. This empowering book provides a user-friendly blueprint for making the most of limited resources to help those considered the "toughest cases." Evidence-based strategies are presented for effectively integrating individualized treatment with services at the home, school, and community levels. Written in an accessible, modular format with reproducible forms and step-by-step guidelines for assessment and intervention, the approach is grounded in the latest knowledge about child traumatic stress. It has been recognized as a

treatment of choice by state mental health agencies nationwide"--

Engaging Children in Family Therapy

Mar 29 2021 A common question at the initial meeting of a family therapist and a new client(s) is often whether or not to include a child or children in the counseling sessions. The inclusion of a child in the family therapy process often changes the dynamic between client and therapist -- and between the clients themselves -- within the context of the counseling sessions. And yet, although this is such a common experience, many counselors and family therapists are not adequately equipped to advise parents on whether to include a child in therapy sessions. Once the child does make an appearance in the counseling session, the therapist is faced with the challenges inherent in caring for a child, in addition to many concerns due to the unique circumstance of the structured therapy. Counseling a child in the context of a family therapy session is a specific skill that has not received the attention that it deserves. This book is intended as a guide for both novice and experienced counselors and family therapists, covering a wide range of topics and offering a large body of information on how to effectively counsel children and their families. It includes recent research on a number of topics including working with children in a family context, the exclusion of children from counseling, and counselor training methods and approaches, the effectiveness of filial play therapy, the effects of divorce on children, and ADHD. Theoretical discussion is given to different family therapy approaches including family play therapy and filial play therapy. Central to the text are interviews with leaders in the field, including Salvador Minuchin, Eliana Gil, Rise VanFleet and Lee Shilts. A chapter devoted to ethical and legal issues in working with children in family counseling provides a much-needed overview of this often overlooked topic. Chapters include discussion of specific skills relevant to child counseling in the family context, case vignettes and examples, practical tips for the counselor, and handouts for parents.

Attachment-Focused Family Play Therapy

Jul 21 2020 Attachment-Focused Family Play Therapy presents an essential roadmap for therapists working with traumatized youth. Exploring trauma and attachment through a neurobiological focus, the book lays out a flexible framework for practitioners treating young clients within the context of their family relationships. Chapters demonstrate how techniques of play and expressive therapy can be integrated into work with different developmental stages, while providing the tools needed to fully incorporate the family into the healing process. The book also provides clinical examples and guidance on the ethical decision-making needed to effectively implement attachment work and facilitate positive change. Written in an accessible style, Attachment-Focused Family Play Therapy is an important resource for mental health professionals who work with traumatized children, adolescents, and adults.

Play Therapy with Traumatized Children Sep 15 2022 INTRODUCING A PRACTICAL MODEL OF PLAY THERAPY FOR TRAUMATIZED CHILDREN Some of the most rewarding work a

therapist can do is help a child recover from a traumatic event. But where to begin? A growing body of play therapy literature offers many specific techniques and a variety of theoretical models; however, many therapists are still searching for a comprehensive model of treatment that incorporates solid theoretical constructs with effective play therapy interventions. Clinicians have long recognized that trauma therapy is not just a matter of techniques but a journey with a beginning, middle, and end. In a pioneering contribution to the field, *Play Therapy with Traumatized Children: A Prescriptive Approach*, the author codifies the process in her model, *Flexibly Sequential Play Therapy (FSPT)*. Integrating non-directive and directive approaches, this components-based model allows for the uniqueness of each child to be valued while providing a safe, systematic journey towards trauma resolution. The FSPT model demystifies play-based trauma treatment by outlining the scope and sequence of posttraumatic play therapy and providing detailed guidance for clinicians at each step of the process.

Dramatically demonstrating the process of healing in case histories drawn from fifteen years of clinical practice with traumatized children, *Play Therapy with Traumatized Children* addresses: Creating a safe place for trauma processing Augmenting the child's adaptive coping strategies and soothing his or her physiology Correcting the child's cognitive distortions Ensuring that caregivers are facilitative partners in treatment Inviting gradual exposure to trauma content through play Creating developmentally sensitive trauma narratives Using termination to make positive meaning of the post-trauma self

No Talk Therapy for Children and

Adolescents Aug 26 2023 Weaving practical, hands-on ideas with theory and research about child development, child treatment, and the therapeutic relationship, this book describes an innovative approach to treatment of children and adolescents who won't or can't respond to traditional, conversation-based therapy. For these children, therapists need an entirely new clinical language, one that doesn't depend on words. Within an interpersonal and developmental framework, Straus spells out the deceptively simple goals of no-talk therapy: someone to be close to, and something to be proud of. Through empathy and respect, games, activities, community involvement, a circle of adults, and little pleasures, this approach begins to provide these anxious, sullen, enraged, and confused kids with the self-confidence, self-esteem, and self-awareness to develop a voice of their own.

Exposure Therapy with Children and

Adolescents Dec 18 2022 Exposure therapy is highly effective for treating anxiety disorders in children and adolescents, yet implementation with youth and their parents entails unique challenges. Packed with clinical examples, this concise book provides practical, developmentally savvy guidelines for conducting therapeutic exposure with 5- to 18-year-olds. At each stage of the process, it addresses clinicians' most common questions and concerns. Coverage includes how to build a strong initial assessment; develop a fear ladder; individualize exposure exercises for different problem areas, including phobia, social anxiety,

worry, separation anxiety, and panic; and monitor progress. Also discussed is when and how to integrate exposure with relaxation and cognitive strategies.

Occupational Therapy for Children Oct 16 2022 OCCUPATIONAL THERAPY FOR CHILDREN, Mosby's top selling Occupational Therapy book and a market leader, has been fully updated for the 4th Edition with many new features. It maintains its focus on children at many ages and stages in development, comprehensively addressing both treatment techniques and diagnoses in all settings. The 4th Edition builds on the existing strengths of the text, with improvements in the individual organization of each chapter, a greater overall consistency, updated photos and illustrations, the addition of a second color to clarify and improve the visual interest of the book, more case studies, and expanded and revised information on many topics. OCCUPATIONAL THERAPY FOR CHILDREN continues in its reputation as a dependable and outstanding source for occupational therapy undergraduate students, graduate level students, and practitioners.

Play Therapy with Children and Adolescents in Crisis, Fourth Edition Jan 19 2023 This widely used practitioner resource and course text, now significantly revised, is considered the most comprehensive guide to working with children who have experienced major losses, family upheavals, violence in the school or community, and other traumatic events. Leading experts present a range of play and creative arts therapy techniques in chapters organized around in-depth case examples. Informed by the latest knowledge on crisis intervention and trauma, the fourth edition encompasses work with adolescents as well as younger children. Each chapter concludes with instructive questions for study or reflection. New to This Edition *Expanded age range: now includes expressive therapy approaches for adolescents. *More attention to traumatic stress reactions and posttraumatic stress disorder (PTSD); several chapters address complex trauma. *Extensively revised with the latest theory, practices, and research; many new authors. *Additional topics: parental substance abuse, group work with adolescents, chronic medical conditions, animal-assisted play therapy and courtroom testimony, and more.

How to Be a Better Child Therapist: An Integrative Model for Therapeutic Change Apr 17 2020 An integrative approach for child therapists of all disciplines and at all levels of training and experience. *How to Be a Better Child Therapist* is an innovative contribution to the theory and practice of child therapy. Drawing on several decades of experience, Kenneth Barish presents a comprehensive, multi-faceted approach to therapeutic work with children and families, based on a contemporary understanding of children's emotions and emotional needs. This book offers a new theoretical integration, an in-depth discussion of the essential processes of child therapy, and a wealth of practical recommendations to help child therapists solve the varied problems presented to us in daily clinical work. Part 1 provides a theoretical foundation. Barish demonstrates how emotional and behavioral problems of childhood are most often caused by vicious cycles of painful

emotions and pathogenic family interactions. Successful therapy arrests this malignant development and sets in motion positive cycles of healthy emotional and interpersonal experiences—increased confidence and engagement in life and more affirming interactions between parents and children. Over time, children and adolescents develop a less critical inner voice and more positive expectations for their future—a new sense of what is possible in their lives. Part 2 describes 10 principles that guide our efforts toward this overarching therapeutic goal. Barish offers advice on how we can improve all aspects of clinical work with children: How can we engage more children in treatment? Why is empathy essential to children's emotional health and effective therapy? How do children learn to regulate their emotions? What is the role of play in contemporary child therapy? How can we combat a child's discouragement and self-doubt? How can we overcome children's resistance to talking about bad feelings? Part 3 presents a framework for therapeutic work with parents. Barish describes general principles for strengthening family relationships as well as practical plans for solving many common problems of their daily family life. He offers strategies for helping children who have difficulty with separations, doing homework, getting ready in the morning, or going to sleep at night; children with tantrums and uncooperativeness, rudeness and disrespect, sibling conflicts, and addiction to video games—problems for which parents, often urgently, ask our help. *How to Be a Better Child Therapist* is both inspiring and practical, essential reading for therapists of all theoretical orientations who work with children and families.

Play Therapy for Preschool Children Aug 22 2020 *Play Therapy for Preschool Children* is a comprehensive sourcebook of play interventions for preventing and resolving the most common disorders of children aged 3-5 years old.

Family Play Therapy Jun 19 2020 Family play therapy and play therapy need not be exclusionary. The two approaches actually can enhance and enrich each other. While each therapist ultimately will use his or her own ideas in the critical combining of both methods, Family Play Therapy offers various possibilities and as such, helps therapists to help their family patients to be readily engaged in treatment and to experience therapy as a fun, inclusive, transforming time together.

Counseling Children and Adolescents May 31 2021 *Counseling Children and Adolescents: Connecting Theory, Development, and Diversity* reviews the most relevant theoretical approaches for counseling children and focuses on connecting key theories to application using case studies. The book's approach is broad, addressing a range of ages, approaches, and interventions that are applicable to varied settings. Sondra Smith-Adcock and Catherine Tucker have laid out an integrated framework that focuses on development and diversity. In addition, a unique aspect of this text is its focus on neuroscience, the developing brain, and the impact of early childhood trauma on development. Each chapter in the text includes a set of case illustrations, guided activities for the student to apply independently and in the

classroom, and a list of resources in print, on the web, and on film. *Counseling Children and Adolescents: Connecting Theory, Development, and Diversity* is part of the SAGE Counseling and Professional Identity Series, which targets specific competencies identified by CACREP (Council for Accreditation of Counseling and Related Programs). To learn more about each text in the series, please visit www.sagepub.com/cpiseriess.

The Handbook of Gestalt Play Therapy Feb 25 2021 This book is an introduction to gestalt play therapy a technique which combines the principles of gestalt theory with play techniques, so that children are able to use play to address their needs and problems. Research has shown that this approach can be applied successfully in children with different types of emotional problems in order to improve their self-support and self-esteem. The Handbook of Gestalt Play Therapy provides the reader with an explanation of gestalt theory, a practical explanation of the gestalt play therapy model and also a wide range of play techniques that can be applied.

Behavior Therapy With Children Dec 06 2021 This consummately well-organized survey brings together the latest and most meaningful writings in behavior therapy with children. Dealing with a variety of childhood behavior problems, it includes theory, evaluation, and application of behavior therapy in terms relevant to the interests of students and professionals in psychology, social work, psychiatry, and education. Individual sections that focus on psychotic children, anti-social or delinquent behavior, mild behavior problems, and the training of parents and other nontraditional therapists follow a historical perspective on the concept of behavior therapy. Specific behavioral approaches are provided, with evaluation of the techniques involved. Ranging from the applied clinical level to critical reviews of the field of behavior therapy, this book provides an authoritative and totally up-to-date discussion of the major behavior modification approaches as applied to children. Intended as a textbook in advanced undergraduate and graduate courses in psychology, psychiatry, social work, and education, it will be equally valuable to all professional and paraprofessionals working with the young and seeking definitive information on the use of behavior modification techniques in their work. Anthony M. Graziano is currently Professor Emeritus of in the Department of Psychology, State University of New York at Buffalo. He has published a number of articles in professional journals on subjects such as teaching machine programs, behavior therapy with children, diagnostic testing, the history of psychology and evaluations of the contemporary mental health professions. He has been on the editorial board of Behavior Modification and on the board of directors for the Eastern Psychological Association.

Child Friendly Therapy Feb 20 2023 A treasure trove of creative tools and strategies to engage children in therapy. Finding a therapy that "fits" kids—one that cuts through their continuous state of overstimulation and aversion to traditional language-based methods—is not easy. Now in paperback, this book offers clinicians an array of inventive,

multifaceted therapy techniques, from brain-based tips to family-oriented exercises. Child Art Therapy Apr 22 2023 An innovative guide to the practice of art therapy Since 1978, Judith Aron Rubin's *Child Art Therapy* has become the classic text for conducting art therapy with children. Twenty-five years later, the book still stands as the reference for mental health professionals who incorporate art into their practice. Now, with the publication of this fully updated and revised Twenty-Fifth Anniversary Edition, which includes a DVD that illustrates art therapy techniques in actual therapy settings, this pioneering guide is available to train, inform, and inspire a new generation of art therapists and those seeking to introduce art therapy into their clinical practice. The text illustrates how to: Set the conditions for creative growth, assess progress, and set goals for therapy Use art in individual, group, and family situations, including parent-child pairings, mothers' groups, and adolescent groups Work with healthy children and those with disabilities Guide parents through art and play Talk about art work and encourage art production Decode nonverbal messages contained in art and the art-making process Use scribbles, drawings, stories, poems, masks, and other methods to facilitate expression Understand why and how art therapy works Along with the useful techniques and activities described, numerous case studies taken from Rubin's years of practice add a vital dimension to the text, exploring how art therapy works in the real world of children's experience. Original artwork from clients and the author illuminate the material throughout. Written by an internationally recognized art therapist, *Child Art Therapy, Twenty-Fifth Anniversary Edition* is a comprehensive guide for learning about, practicing, and refining child art therapy.

Counseling Children Through the World of Play Apr 10 2022 If we are to touch the hearts of hurting children, we must enter their world, the world of play. Play therapy honors children by meeting them in their world. Children say with toys what they have difficulty saying with words. Toys become the play therapist's tools to help unlock the healing process for wounded children. Whether you are a psychologist, a social worker, a family therapist, a pastoral counselor, a group-home worker, or a children's ministry worker, this book will help you build relationships that minister to the souls of hurting children and bring understanding to the confusion of their pain. Through these nurturing relationships, children will be freed to understand and process emotional pain.

Strategies for Counseling with Children and Their Parents May 11 2022 This practice-oriented text provides practical strategies for counseling children and their families. The author stresses that children must be evaluated in terms of their whole environment, including whatever positive and/or negative parental influence exists. The author focuses on ways to involve parents in the counseling process. Because all children need to be approached as individuals, the author equips readers with the skills they need to be flexible and adaptive. A range of assessment and counseling techniques are presented--including play, art, and bibliotherapy--to give counselors diverse options. Case studies and dialogues illustrate how these techniques can be applied

in practice. The book stresses that no one theory of practice can fit all children and adolescents.

Cognitive-Behavior Therapy for Children and Adolescents Jul 25 2023 Guidance for integrating parents and families into the child's treatment is shared for every disorder covered in the book. The book offers a well-organized explication of innovative, effective methods and tools. Videos on the accompanying DVD provide an excellent companion demonstration of some of these techniques with different ages and disorders.

Counseling Children & Adolescents Oct 04 2021 This new revision gives practical information and 'how to' strategies for counseling children and adolescents and for working with families and parents. The authors present numerous empirically based strategies that are developmentally and culturally appropriate for counseling children. The text offers helpful information on the individual and group counseling process and includes a plan for designing a developmental counseling curriculum from primary grades through high school. Chapters on counseling children with special needs and children and adolescents from diverse backgrounds give comprehensive, up-to-date information to help readers work with these children. Also, chapters on play therapy, rational - emotive behavior therapy, and brief counseling describe how to apply these approaches with children. The rich experiences of the authors as both practitioners and clinicians, in addition to being counselor educators, bring a wide array of innovations and creative techniques to this new volume. Special features of this title are as mentioned below. It includes empirically based strategies for effective counseling. It addresses the current emphasis on developmental counseling. It shows how to assess needs and design helpful interventions.

Brain-Based Therapy with Children and Adolescents Jul 13 2022 Designed for mental health professionals treating children and adolescents, *Brain-Based Therapy with Children and Adolescents: Evidence-Based Treatment for Everyday Practice* is a simple but powerful primer for understanding and successfully implementing the most critical elements of neuroscience into an evidence-based mental health practice. Written for counselors, social workers, psychologists, and graduate students, this new treatment approach focuses on the most common disorders facing children and adolescents, taking into account the uniqueness of each client, while preserving the requirements of standardized care under evidence-based practice.

Play Therapy with Traumatized Children Aug 02 2021 INTRODUCING A PRACTICAL MODEL OF PLAY THERAPY FOR TRAUMATIZED CHILDREN Some of the most rewarding work a therapist can do is help a child recover from a traumatic event. But where to begin? A growing body of play therapy literature offers many specific techniques and a variety of theoretical models; however, many therapists are still searching for a comprehensive model of treatment that incorporates solid theoretical constructs with effective play therapy interventions. Clinicians have long recognized that trauma therapy is not just a matter of

techniques but a journey with a beginning, middle, and end. In a pioneering contribution to the field, *Play Therapy with Traumatized Children: A Prescriptive Approach*, the author codifies the process in her model, Flexibly Sequential Play Therapy (FSPT). Integrating non-directive and directive approaches, this components-based model allows for the uniqueness of each child to be valued while providing a safe, systematic journey towards trauma resolution. The FSPT model demystifies play-based trauma treatment by outlining the scope and sequence of posttraumatic play therapy and providing detailed guidance for clinicians at each step of the process. Dramatically demonstrating the process of healing in case histories drawn from fifteen years of clinical practice with traumatized children, *Play Therapy with Traumatized Children* addresses: Creating a safe place for trauma processing Augmenting the child's adaptive coping strategies and soothing his or her physiology Correcting the child's cognitive distortions Ensuring that caregivers are facilitative partners in treatment Inviting gradual exposure to trauma content through play Creating developmentally sensitive trauma narratives Using termination to make positive meaning of the post-trauma self

Using Trauma-Focused Therapy Stories Feb 08 2022 Using Trauma-Focused Therapy Stories is a groundbreaking treatment resource for trauma-informed therapists who work with abused and neglected children ages nine years and older as well as their caregivers. The therapy stories are perfect accompaniments to evidence-based treatment approaches and provide the foundation for psychoeducation and intervention with the older elementary-aged child or early pre-teen. Therapists will also benefit from the inclusion of thorough guides for children and caregivers, which illustrate trauma and developmental concepts in easy-to-understand terms. The psychoeducational material in the guides, written at a third- to fourth-grade reading level, may be used within any trauma-informed therapy model in the therapy office or sent-home for follow-up. Each therapy story illustrates trauma concepts, guides trauma narrative and cognitive restructuring work, and illuminates caregiver blind spots; the caregiver stories target issues that often become barriers to family trauma recovery. No therapist who works with young trauma survivors will want to be without this book, and school-based professionals, social workers, psychologists and others committed to working with traumatized children will find the book chock-full of game-changing ideas for their practice.

Cognitive Behavioral Therapy with Children Nov 05 2021 This new edition of *Cognitive Behavioral Therapy with Children* links together the methods of cognitive behavioral therapy (CBT) practiced in academic centers as well as the community. This book addresses the challenges community practitioners face when pressured to use CBT with youth who live with mental health disorders, but whose circumstances differ from those in research settings. Practitioners will learn how to overcome therapeutic obstacles. This new edition contains an expanded discussion on cultural considerations relevant to assessment and treatment, as well as a new

chapter on training others in CBT for children.
Playful Approaches to Serious Problems Jan 27 2021 The authors describe their success with narrative therapy, a lighter, playful approach to the serious problems encountered in child and family therapy. They provide case vignettes in the first two sections which show how children who might have been labeled belligerent, hyperactive, anxious, or out of touch with reality are found to be capable of taming their tempers, controlling frustration, and using their imaginations to the fullest. They address the helpful role of family members, as well. The third section of the text offers five extended case stories. Annotation copyrighted by Book News, Inc., Portland, OR

Art Therapy with Children on the Autistic Spectrum Mar 09 2022 Art Therapy with Children on the Autistic Spectrum presents a new model of practice, which primarily focuses on communication difficulties. The authors describe how negative behaviours and subsequent tension may be alleviated when the autistic child is involved in interactive art making with the therapist.

Cognitive Control Therapy with Children and Adolescents Nov 24 2020

Cognitive Therapy Techniques for Children and Adolescents Mar 21 2023 "Providing a wealth of practical interventions and activities - all organized within a state-of-the-art modular

framework - this invaluable book helps child clinicians expand their intervention toolkits. Building on the bestselling *Clinical Practice of Cognitive Therapy with Children and Adolescents*, which addresses the basics of treatment, Friedberg et. al., in their latest volume, provide additional effective ways for engaging hard-to-reach clients, addressing challenging problems, and targeting particular cognitive and behavioral skills. Fun and productive games, crafts, and other activities are described in step-by-step detail. Special features include over 30 reproducible forms and handouts, which bookbuyers can also download and print from Guilford's website in a convenient full-page size."--Pub. desc.