



Psychotherapy with Children and Adolescents (Cambridge Child and Adolescent Psychiatry)

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This important volume examines the various problems facing practitioners who deal with disturbed young people, covering the principles and methods of psychotherapy in a wide range of settings. For example, how can clinicians accommodate treatments according to age and developmental status? How can techniques be adapted to include a broad range of specific disorders, from schizophrenia, depression, autism, anxiety and abuse to bed-wetting and stuttering? How far should parents be involved? What setting is most appropriate, group, individual, in-patient, or out-patient? How does the practitioner choose and assess the most effective treatment? This volume addresses these questions and will be essential reading for all mental health professionals involved in psychotherapy with young people.

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