



# Comprehensive Evidence Based Interventions for Children and Adolescents

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## Comprehensive Evidence Based Interventions for Children and Adolescents

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### A complete guide to evidence based interventions for children and adolescents

The past decade has witnessed the development of numerous interventions proved to be highly effective; several treatments are now considered to be "well established" or "probably efficacious" interventions for children. Given the range of providers working with children—clinical psychologists, child psychiatrists, clinical social workers, school psychologists, and marriage and family therapists—this book is designed to provide all professionals the information they now need about the use of these evidence-based interventions (EBIs), as well as the evaluation criteria used to determine their efficacy in meeting the mental health needs of children.

Alfano and Beidel have assembled a team of experts to write the disorder chapters. Each chapter begins with an overview of the disorder then delves into evidence-based approaches to treatment, the impact of parental involvement, case-by-case modifications, progress measurement, and clinical examples. In overview chapters the editors cover:

- The role of development in treatment planning and implementation
- Dissemination of EBIs into school and community settings
- The use of controversial therapies with children
- Emerging methods of service delivery and access improvement

*Comprehensive Evidence Based Interventions for Children and Adolescents* provides clinicians, researchers, and students alike with the theoretical, conceptual, and practical skills to provide children and adolescents with the best care possible.

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### Editorial Review

From the Back Cover

#### State-of-the-art interventions for every problem

Over the past decade, dozens of new interventions have been developed to treat child and adolescent psychopathologies. *Comprehensive Evidence-Based Interventions for Children and Adolescents* is a guide to the theory and practice of both established and emerging interventions. To make the right treatment decision for each unique case, clinicians need to consider *all* the relevant possibilities. This book contains theoretical and practical information about well-established treatment modalities in addition to newer approaches that have been approved by the APA.

With chapters on the clinical and contextual factors that affect the selection of specific interventions, this book is the most complete resource available to professionals who work with adolescents and children. The editors have included chapters addressing broad issues of treatment context, including ethical, multicultural, and computer-assisted treatment. These will help guide practitioners in the right direction, no matter what the treatment setting. Other texts shy away from discussing the use of controversial therapies and new delivery methods, but clinical professionals must have a thorough understanding of the available evidence in order to make the best possible decisions. Each chapter includes:

- Clear overviews of disorders
- A range of evidence-based approaches for each problem
- Discussions of parental involvement in treatment
- Suggestions for adapting and modifying interventions
- Treatment evaluation criteria
- Clinical case examples

*Comprehensive Evidence-Based Interventions for Children and Adolescents* will be an invaluable resource for all clinical psychology professionals who work with youth populations.

About the Author

**CANDICE A. ALFANO, PhD**, founded the Child and Adolescent Anxiety Program at the Children's National Medical Center (CNMC)/George Washington University School of Medicine. Now at the University of Houston, she serves as director of the Sleep and Anxiety Center for Kids (SACK).

**DEBORAH C. BEIDEL, PhD, ABPP**, is Professor of Psychology, Director of the Doctoral Program in Clinical Psychology, and Director of the Anxiety Disorders Clinic at the University of Central Florida. She is the Editor in Chief of the *Journal of Anxiety Disorders*.

### Users Review

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**David Anthony:**

In this 21st hundred years, people become competitive in most way. By being competitive currently, people have do something to make them survives, being in the middle of the crowded place and notice by surrounding. One thing that sometimes many people have underestimated the item for a while is reading. Sure, by reading a guide your ability to survive enhance then having chance to stay than other is high. In your case who want to start reading a new book, we give you this kind of Comprehensive Evidence Based Interventions for Children and Adolescents book as basic and daily reading reserve. Why, because this book is usually more than just a book.

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