



# Handbook of Evidence-Based Interventions for Children and Adolescents

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## Handbook of Evidence-Based Interventions for Children and Adolescents

*A step-by-step resource for treating more than 40 prevalent issues with proven strategies*

This comprehensive handbook for evidence-based mental health and learning interventions with children and adolescents is distinguished by its explicit yet concise guidance on implementation in practice. With a compendium of proven strategies for resolving more than 40 of the most pressing and prevalent issues facing young people, the book provides immediate guidance and uniform step-by-step instructions for resolving issues ranging from psychopathological disorders to academic problems. Busy academics, practitioners, and trainees in schools and outpatient clinical settings will find this resource to be an invaluable desktop reference for facilitating well-informed decision making.

Unlike other volumes that ignore or merely reference the evidence base of various interventions, this book focuses on providing immediate, empirically supported guidance for putting these strategies into direct practice. Issues covered include crisis interventions and response, social and emotional issues, academic/learning issues, psychopathological disorders, neuropsychological disorders, and the behavioral management of childhood health issues. Each chapter follows a consistent format including a brief description of the problem and associated characteristics, etiology and contributing factors, and three evidence-based, step-by-step sets of instructions for implementation. Additionally, each chapter provides several websites offering further information about the topic. Featuring contributions from leading scholars and practitioners on each issue covered, this book will be a valuable resource for school and child clinical psychologists, counselors, social workers, and therapists as well as other health and mental health professionals whose primary practice is with children and adolescents.

### KEY FEATURES:

- Demonstrates step-by-step, evidence-based interventions for more than 40 common childhood issues
- Provides treatment procedures that can be immediately put into practice
- Covers a wide range of mental health and academic/learning issues for children and adolescents
- Relevance for both school-based and clinically based practice
- Includes contributions by noted experts in the field

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