



# Child and Adolescent Therapy: Science and Art

*Jeremy P. Shapiro*

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# Child and Adolescent Therapy: Science and Art

Jeremy P. Shapiro

## **Child and Adolescent Therapy: Science and Art** Jeremy P. Shapiro **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.

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