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Psychotherapy for Children and Adolescents: Evidence-Based Treatments and Case Examples

John R. Weisz

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Because they have been tested in research and shown to work, the treatments for child and adolescent mental health problems in this book are called "evidence-based". Chapters cover treatments for the most commonly referred youth problems: anxiety, depression, ADHD, and conduct problems. John Weisz describes the concepts and theories underlying each treatment and details procedures, illustrating them with case examples. The book closely examines each treatment's potential use in everyday clinical practice and will be valuable to practitioners, clinical supervisors, and clinical program directors. It also summarizes and critiques the evidence on each treatment, for those planning courses on youth treatment.

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