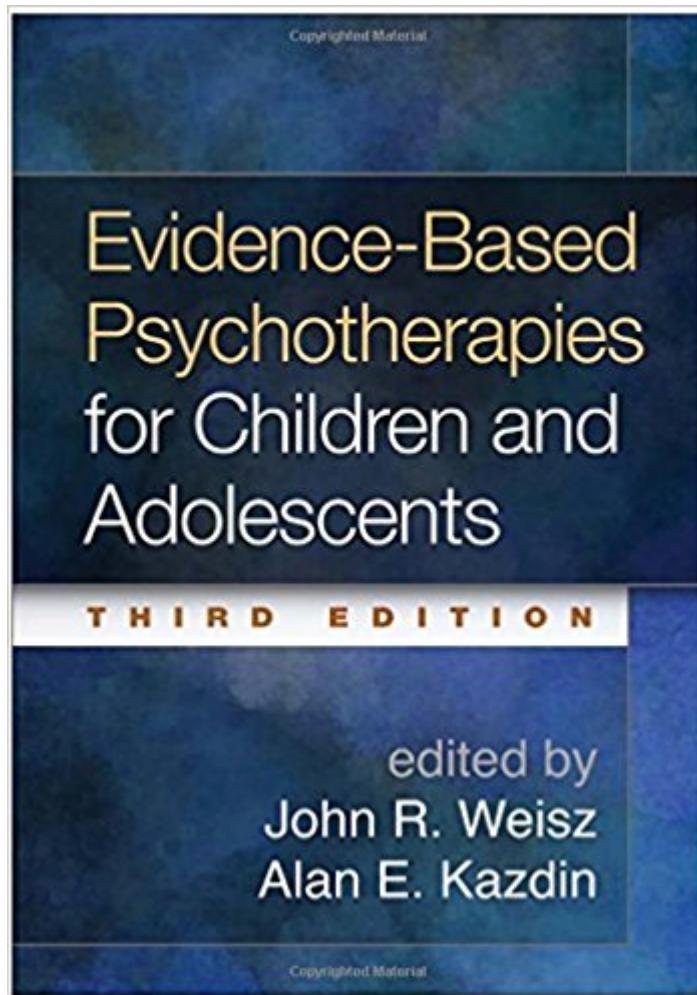


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# **Evidence-Based Psychotherapies For Children And Adolescents, Third Edition**



## **Synopsis**

Widely regarded as the standard reference and text on evidence-based therapies--and now substantially revised--this book has introduced tens of thousands of clinicians and students to exemplary treatments for social, emotional, and behavioral problems in children and youth. Concise chapters focus on specific psychotherapy models. The developers of the respective approaches review their conceptual underpinnings, describe how interventions are delivered on a session-by-session basis, and summarize what the research shows about treatment effectiveness. The book explores important questions and challenges facing the field and identifies best practices for treatment dissemination in real-world clinical contexts.              <

particularly distinctive in its critical appraisal of the challenges that lie ahead--for example, the need for a better understanding of the mechanisms involved in young people's treatment responses, and the fact that most of the randomized controlled trials do not include multifaceted disorders. Although the issues concerned are quite tricky, the writing style is smooth and easy to follow. Anyone interested in the topic will both enjoy reading this book and learn a great deal from it."--Michael Rutter, MD, Institute of Psychiatry, Psychology and Neuroscience, King's College London, United Kingdom "Weisz and Kazdin--two of the field's most original and influential scholars--show how science can be leveraged with innovativeness and rigor to improve the lives of children and adolescents who suffer from psychological disorders. The contributors include many pioneers in developing and testing evidence-based psychotherapies, who write with great wisdom. Thirty-three chapters provide a perfect balance between the present status of the scientific evidence and clinical applications, and identify critical future directions for the field. A 'must-have' book for instructors, students, clinicians, and researchers."--Wendy K. Silverman, PhD, ABPP, Alfred A. Messer Professor of Child Psychiatry, Professor of Psychology, and Director, Anxiety and Mood Disorders Program, Child Study Center, Yale University School of Medicine "The biggest question facing today's psychotherapists and psychotherapy researchers is how to personalize evidence-based psychotherapy using the available selection of treatment and monitoring tools. This holds true for child and adolescent as well as adult psychotherapy. I cannot imagine a better resource for tackling this task than this outstanding book. Comprehensive and fun to read, it helps move the practice of child and adolescent psychotherapy forward. As a text, it is a rich resource for courses on child and adolescent treatment."--Wolfgang Lutz, PhD, Department of Psychology, University of Trier, Germany "Nobody understands evidence-based practices for children and adolescents--their development, evaluation, and implementation, as well as their strengths and limitations--with the depth and breadth of Weisz and Kazdin. The third edition has thorough coverage of almost all problems confronting clinicians and a very important section on implementing evidence-based interventions in a variety of clinical settings. Every clinician and clinical scientist will want this definitive resource on their bookshelves, and instructors will find it ideal for graduate courses covering psychological interventions."--David H. Barlow, PhD, ABPP, Professor of Psychology and Psychiatry and Founder and Director Emeritus, Center for Anxiety and Related Disorders, Boston University

John R. Weisz, PhD, ABPP, is Professor of Psychology in the Department of Psychology at Harvard University, and at Harvard Medical School. He is Director of the Laboratory for Youth Mental Health

in the Department of Psychology. Dr. Weisz served for 8 years as President and CEO of the Judge Baker Children's Center, affiliated with Harvard Medical School. His research focuses on development and testing of psychotherapy programs for youth mental health problems, as well as meta-analyses and systematic reviews of psychotherapy research. Most recently, he has been involved in developing and testing transdiagnostic approaches to youth psychotherapy designed for implementation in clinical and school settings. A past president of the Society of Clinical Child and Adolescent Psychology (Division 53 of the American Psychological Association) and the International Society for Research in Child and Adolescent Psychopathology, Dr. Weisz is a recipient of the James McKeen Cattell Lifetime Achievement Award from the Association for Psychological Science and of the Klaus Grawe Award for the Advancement of Innovative Research in Clinical Psychology and Psychotherapy from the Klaus Grawe Foundation in Switzerland.   
Alan E. Kazdin, PhD, ABPP, is Sterling Professor of Psychology and Professor of Child Psychiatry at Yale University and Director of the Yale Parenting Center, an outpatient treatment service for children and families. He is also Director of the Innovative Interactions Laboratory. Dr. Kazdin has served as Chair of the Yale Department of Psychology, Director and Chair of the Yale Child Study Center at the School of Medicine, and Director of Child Psychiatric Services at Yale-New Haven Hospital. He has authored or edited over 750 articles, chapters, and books focusing on child and adolescent psychotherapy, parenting and childrearing, aggressive and antisocial behavior, and methodology and research design. Dr. Kazdin is a past president of the American Psychological Association and a recipient of its Distinguished Scientific Award for the Applications of Psychology and Award for Outstanding Lifetime Contribution to Psychology.

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