Helping Children and Adolescents

How to guide parents, families, and community professionals to better serve children and adolescents.

This book informs mental health professionals about how to guide parents, families, and other community professionals to better serve children and adolescents. Relying on empirical and evidence-based research, the author sets forth specific strategies in simple language. In addition to laypersons, educators and social service, health care, and law enforcement personnel are referenced.

Whether in the role of therapist, consultant, or professor, the authoritative information will enrich the mental health professional’s knowledge and skills relevant to children and adolescents, and their families.