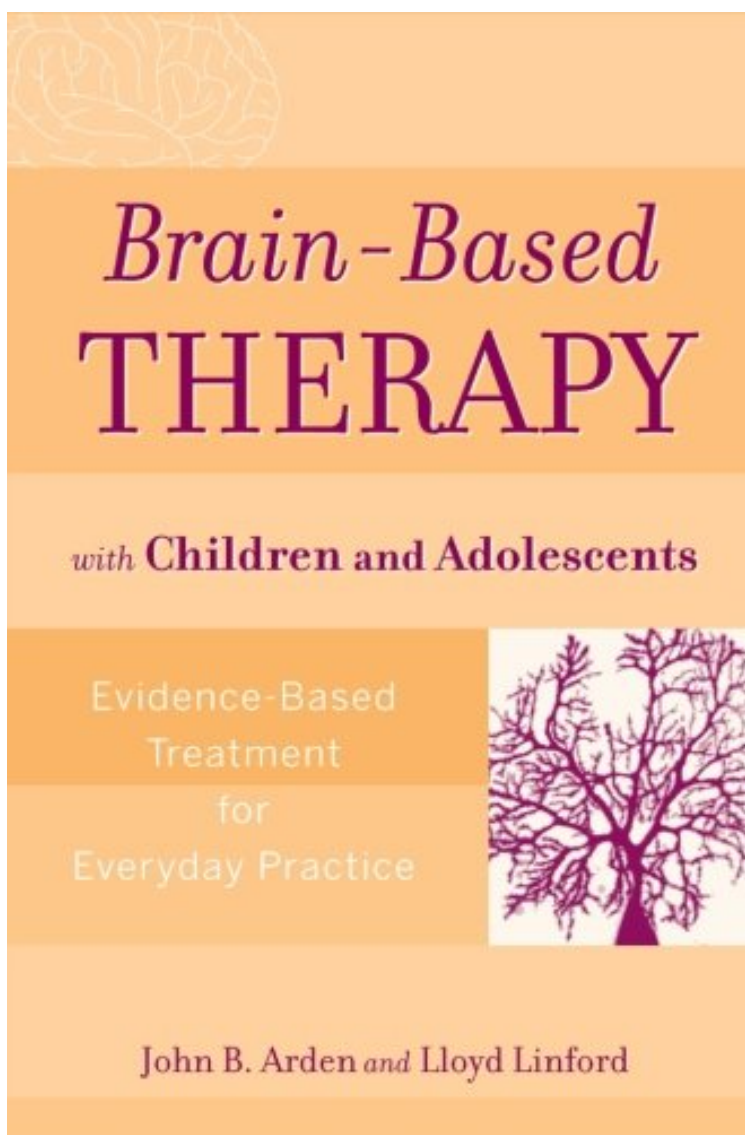


[Mobile library] Brain-Based Therapy with Children and Adolescents: Evidence-Based Treatment for Everyday Practice

Brain-Based Therapy with Children and Adolescents: Evidence-Based Treatment for Everyday Practice

John B. Arden, Lloyd Linford
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John B. Arden, Lloyd Linford : Brain-Based Therapy with Children and Adolescents: Evidence-Based Treatment for Everyday Practice before purchasing it in order to gage whether or not it would be worth my time, and all praised Brain-Based Therapy with Children and Adolescents: Evidence-Based Treatment for Everyday Practice:

0 of 0 people found the following review helpful. Recommended Resource for Parents and Counselors By Leonard N Matheson This is an excellent book for counselors and for parents. Dr. Arden has terrific resources available to him and has distilled them for us here. I recommend this to all of my clients as they guide their children entering adolescence. For parents of children who are struggling, this is especially useful because he emphasizes evidence-based practice, which is what I encourage parents to embrace, within the context of their beliefs and values. Counselors should become familiar with this as a standard resource and help guide parents to carefully consider the guidance that Dr. Arden has provided. 0 of 0 people found the following review helpful. Five Stars By Kara C. Great book. Fast shipment. 1 of 1 people found the following review helpful. Excellent book By merhitaf This book is by far the most interesting I've read so far. Great book. I recommend it to anybody interested in the subject matter.

Designed for mental health professionals treating children and adolescents, *Brain-Based Therapy with Children and Adolescents: Evidence-Based Treatment for Everyday Practice* is a simple but powerful primer for understanding and successfully implementing the most critical elements of neuroscience into an evidence-based mental health practice. Written for counselors, social workers, psychologists, and graduate students, this new treatment approach focuses on the most common disorders facing children and adolescents, taking into account the uniqueness of each client, while preserving the requirements of standardized care under evidence-based practice.

From the Back Cover An insightful and practical guide that looks at the role neuroscience plays as it relates to the treatment of childhood and adolescent disorders. Written in an accessible way, *Brain-Based Therapy with Children and Adolescents: Evidence-Based Treatment for Everyday Practice* shows clinicians how they can become more effective therapists by understanding and applying recent findings about the brain in their work with children and adolescents. The result is a new kind of therapy, one that takes into account both the uniqueness of each child or adolescent, as well as the requirements of standardized care as recommended by evidence-based practice offering mental health professionals advice they can put into practice immediately. Relying on research in developmental neurobiology, brain imaging, and evidence-based psychotherapeutic practices, the authors, experts in both neuroscience and evidence-based practice, cover: The importance of understanding how the brain develops and functions in doing the actual work of child and adolescent psychotherapy Recent neuroscientific discoveries and how these can be integrated into evidence-based interventions to create uniquely effective treatments Evidence-based interventions for the most common childhood and adolescent disorders, such as ADHD, OCD, and depression Tips on helping children and adolescents re-regulate such neurodynamically important processes as sleep and the mind-body relationship Incorporating useful vignettes that illustrate how to include these new treatments into effective client care, *Brain-Based Therapy with Children and Adolescents: Evidence-Based Treatment for Everyday Practice* explains the concept of brain-based therapy in a succinct and easy-to-grasp way, enabling therapists to make practical sense of neuroscience and how it can work within their daily practice.

About the Author JOHN B. ARDEN, PhD, is the Director of Training for the Kaiser Permanente Medical Centers for the Northern California Region. In his capacity, he oversees the internships and postdoctoral psychology residencies in twenty-two medical centers. He is the author of nine other books. LLOYD LINFORD, PhD, serves as Chair-man of Psychiatry and Chemical Dependency Best Practices for Kaiser Permanente's Northern California healthcare system, is a clinical psychologist at Kaiser Permanente Oakland Medical Center, and is in private practice in Oakland, California.