



Treating Adolescents

Hans Steiner, Rebecca E. Hall

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A unique guide to adolescent psychopathology, using a developmental approach

Treating Adolescents is a comprehensive guide to adolescent mental health care, synthesizing evidence-based practice and practice-based perspectives to give providers the best advice available. By limiting the discussion to disorders which appear during adolescence, this useful manual can delve more deeply into each to present extensive evidence and practice-based rationales for approaching a range of psychopathologies. This edition has been revised to reflect the changes in the DSM-5 and the ICD-10, with entirely new chapters on ADHD, learning and executive function, bipolar and mood disorders, sleep disorders, and suicide and self-injury. Coverage includes non-therapy interventions, such as pharmacological and environmental. The discussion of schizophrenia and psychotic disorders includes adolescent presentations of Pervasive Developmental Disorders and their relationship to classical schizophrenia.

In a developmental approach to adolescent psychopathology, different treatments are carefully integrated and matched to pathogenic processes in an effort to disrupt causal loops. This book provides in-depth guidance for providers seeking well-rounded treatment plans, with detailed explanations and expert insight.

- Understand disruptive behaviors and ADHD more deeply
- Treat anxiety, depression, and mood disorders more effectively
- Handle psychiatric traumas and related psychopathologies
- Delve into substance abuse, self-harm, eating disorders, and more

Current scholarship favors developmental approaches to psychopathology and supports an emphasis on integrated treatment packages, including environmental, biologic, and psychological interventions. With full integration of practice and research, *Treating Adolescents* is a comprehensive reference for constructing a complete treatment strategy.

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