



Psychotherapy for Children and Adolescents: Directions for Research and Practice

Alan E. Kazdin

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What do we wish to know about psychotherapy and its effects? What do we already know? And what needs to be accomplished to fill the gap? These questions and more are explored in this thoroughly updated book about the current status and future directions of psychotherapy for children and adolescents. It retains a balance between practical concerns and research, reflecting many of the new approaches to children that have appeared in the past ten years.

Designed to change the direction of current work, this book outlines a blueprint or model to guide future research and elaborates the ways in which therapy needs to be studied. By focusing on clinical practice and what can be changed, it offers suggestions for improvement of patient care and advises how clinical work can contribute directly and in new ways to the accumulation of knowledge. Although it discusses in detail present psychotherapy research, this book is squarely aimed at progress in the future, making it ideal for psychologists, psychiatrists, and all mental health care practitioners.

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