



Transdiagnostic Treatments for Children and Adolescents: Principles and Practice

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This volume presents cutting-edge advances in case conceptualization and intervention for children and adolescents, who typically present for mental health treatment with multiple, overlapping problems. Leading clinician-researchers examine common processes--including stress and coping, attention and interpretation biases, avoidant behaviors, and peer and family interactions--that underlie the development and maintenance of diverse forms of psychopathology. They describe exemplary treatments that target these processes and can be used across diagnostic categories. Chapters on specific treatment protocols address the theoretical foundations, clinical strategies used, which patient populations each treatment is suitable for, and the status of the empirical evidence base.

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