

Counseling and Psychotherapy with Children and Adolescents: Theory and Practice for School and Clinical Settings

By H. Thompson Prout, Alicia L. Fedewa

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A comprehensive, theory-based approach to working with young clients in both school and clinical settings

Counseling and Psychotherapy with Children and Adolescents, Fifth Edition provides mental health professionals and students with state-of-the-art theory and practical guidance for major contemporary psychotherapeutic schools of thought. Children and adolescents are not just small adults; they have their own needs, requirements, and desires, on top of the issues presented by still-developing brains and limited life perspective. Providing care for young clients requires a deep understanding of the interventions and approaches that work alongside growing brains, and the practical skill to change course to align with evolving personalities. The thoroughly revised fifth edition is a comprehensive reference, complete with expert insight.

Organized around theory, this book covers both clinical and school settings in the fields of psychology, counseling, and social work. Coverage of the latest thinking and practice includes Cognitive Behavioral, Rational-Emotive, Reality Therapy, Solution Focused, Family Systems, and Play Therapy, providing a complete resource for any mental health expert who works with young people.

- Understand the major approaches to counseling and psychotherapeutic interventions
- Discover the ethical and legal implications of working with children and adolescents
- Learn how to employ culturally responsive counseling with younger clients
- Examine interventions for children and adolescents with disabilities and health care needs

This updated edition includes a stronger emphasis on the clinical application of theory to specific disorders of childhood and adolescence, and new coverage of the legal and ethical issues related to social media. Chapters include a case

studies and online resources that make it ideal for classroom use, and new chapters on Solution-Focused Therapy and Play Therapy enhance usefulness to practicing therapists. Expert guidance covers techniques for working with individuals, groups, and parents, and explores the efficacy of the theories under discussion.

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Editorial Review

From the Back Cover

Current theories for working with children and adolescents, with enhanced emphasis on practical application

This new edition of *Counseling and Psychotherapy with Children and Adolescents* continues the title's tradition of up-to-date coverage of key therapeutic approaches, including play therapy, cognitive-behavioral, rational emotive, reality therapy, and solution-focused. Family therapy, cultural responsiveness, disabilities, and ethical and legal issues are also addressed in depth.

The renowned expertise of this book's contributors and with the accessible, illustrative, format make *Counseling and Psychotherapy with Children and Adolescents* the resource of choice for students and professionals in both individual and school settings. Read this book to familiarize yourself with the latest research and practical applications in child and adolescent mental health intervention.

In the Fifth Edition, content has been revised and expanded to reflect changes in our understanding of the most effective approaches in child and adolescent psychotherapy. Now, *Counseling and Psychotherapy with Children and Adolescents* is more practical than ever, with:

- Enhanced emphasis on clinical applications in each chapter
- Coverage of ethical and legal issues related to social media
- New chapters on Solution-Focused Therapy and Play Therapy
- Questions for discussion and relevant online resources
- Added content application of theories to specific disorders of childhood and adolescence
- Test bank, PowerPoint, and Instructor's Manual

About the Author

H. THOMPSON PROUT, PhD, is a Professor in the Educational, School, and Counseling Psychology Department at the University of Kentucky. He has authored over 80 books, chapters, and articles and has presented at numerous international and national conferences.

ALICIA L. FEDEWA, PhD, NCSP, is associate professor in the Educational, School, and Counseling Psychology Department at the University of Kentucky. She has presented nationally and internationally and is author of over 30 peer-reviewed articles and book chapters.

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