Essential Research Findings



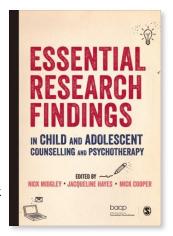
in Child & Adolescent Counselling & Psychotherapy

Edited by **Nick Midgley** Anna Freud Centre / University College London, **Jacqueline Hayes** and **Mick Cooper** University of Roehampton

What can child and adolescent counsellors and therapists learn from research?

What evidence is there for the effectiveness of different therapies and techniques?

How can developmental or neuroscience research inform or inspire therapeutic work with young people?



This book provides the answers to these questions, and more. Leading experts in the field take you through the latest research findings in child and adolescent therapy, discussing how each is relevant to the work of practitioners. Today, both therapists and trainees need to be aware of, and engage with, research findings. The book presents, accessibly, the current best knowledge and its implications for practice.

CONTENTS: Introduction: What can child therapists learn from research? / Epidemiology: Are mental health problems in children and young people really a big issue? / Neurobiology, attachment and trauma: The development of mental health problems in children and young people / Therapy outcomes: Is child therapy effective? / Therapy outcomes: What works for whom? / What leads to change? I. Common factors in child therapy / What leads to change? II. Therapeutic techniques and practices with children and young people / Conclusion

February 2017 • 216 pages Hardback (978-1-4129-6249-0) • £75.00 £56.25 Paper (978-1-4129-6250-6) • £24.99 £18.75



Provides an engaging overview of research in the field of children and young people's psychological therapies written by some of the world leaders in the field. It is one of the most accessible and comprehensive summaries of the research evidence that I have read - essential for all who are serious about their therapeutic practice.

Duncan Law, Anna Freud National Centre for Children and Young People



Go to www.sagepub.co.uk and add the code UK17AUTHOR at the checkout to receive your discount*

*This discount is valid until 31st December 2017. It is not applicable to trade customers, and cannot be used in conjunction with any other discount offer.

