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Treating Depressed and Suicidal Adolescents: A Clinician's Guide

David A. Brent MD FAAP ABPN, Kimberly D. Poling LCSW, Tina R. Goldstein PhD

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Grounded in decades of research and the clinical care of thousands of depressed and suicidal teens, this highly accessible book will enhance the skills of any therapist who works with this challenging population. The authors describe the nuts and bolts of assessing clients and crafting individualized treatment plans that combine cognitive and behavioral techniques, emotion regulation interventions, family involvement, and antidepressant medication. Illustrated with many clinical examples, each chapter includes a concise overview and key points. Reproducible treatment planning forms and client handouts can also be downloaded and printed by purchasers in a convenient full-page size.

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