



# Helping Children and Families: A New Treatment Model Integrating Psychodynamic, Behavioral, and Contextual Approaches

*Peter Goldenthal*

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## **Helping Children and Families: A New Treatment Model Integrating Psychodynamic, Behavioral, and Contextual Approaches** Peter Goldenthal

Bridging the gap between child and family therapy

Written by a nationally recognized expert on treatment, *Helping Children and Families: A New Treatment Model Integrating Psychodynamic, Behavioral, and Contextual Approaches* presents a practical approach for helping children and their families work through a diverse array of issues. Goldenthal's clinical model offers specific techniques for working with children and adolescents, and shows the important connection that involving families in their treatment can make in therapeutic outcomes. Unlike other books that focus either on children or families, this insightful new work demonstrates how to help children in their own unique family context.

The book features detailed advice on:

- \* How to create a therapeutic environment that supports every person in a family
- \* How to reassure an anxious parent
- \* How to engage very young children
- \* How to determine when a parent needs individual therapeutic work and how to engage the parent in this process
- \* The five most effective ways to confront a client and reach a positive outcome
- \* When to let a parent decide on the frequency of counseling visits and when to set an agenda
- \* When to invite other people to participate in therapy
- \* When to refer clients for medication evaluation or neuropsychological testing

Goldenthal's integrated model offers a commonsense approach to treating childhood disorders. Addressing problems from early childhood to late adolescence, *Helping Children and Families* provides an engaging and accessible guide to putting this approach into practice.

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