

## Psychotherapies With Children And Adolescents Adapting The Psychodynamic Process

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This book explores how psychodynamic therapy may be modified to meet the special circumstances and diagnoses of children and adolescents. The authors broadly share an interpersonal approach to psychotherapy, and address the child's overall development-a sense of self and self-esteem-as well as specific symptoms and problems.

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ACT therapists help children and teens use their deeper understanding of their emotional struggles to commit to moving forward in a positive way. Cognitive Behavior Therapy (CBT) helps improve a child's moods, anxiety, and behavior by examining confused or distorted patterns of thinking. CBT therapists teach children that thoughts cause feelings and moods which can influence behavior.

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Alan E. Kazdin, PhD, ABPP, is Sterling Professor of Psychology and Professor of Child Psychiatry at Yale University and Director of the Yale Parenting Center, an outpatient treatment service for children and families. He is also Director of the Innovative Interactions Laboratory. Dr.

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