



Emotional Disorders in Children and Adolescents: Medical and Psychological Approaches to Treatment

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Emotional Disorders in Children and Adolescents states that individual psychotherapy is a nonspecific label. It is done when two people interact in a prolonged series of emotionally charged encounters, with the purpose of changing the behavior of the dyad. The motives and dynamics of individual psychotherapy are explained in detail as well as the history of the approach.

The book discussed the concept of child psychoanalysis. This section includes its historical background, the similarities and differences between child and adult psychoanalysis, the age of the child that should be treated and frequency of treatment. The text also covers some techniques in the application of psychoanalysis. A broad section of the volume is focused on the modification of the child's behavior as a type of treatment. This chapter is followed by a section on the behavioral approaches in adolescent psychiatry.

The book will provide useful information to psychologist, psychiatrist, behavioral specialist, students and researchers in the field of psychology.

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Anthony Perez:

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