

# Effects of Psychotherapy With Children and Adolescents Revisited: A Meta-Analysis of Treatment Outcome Studies

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**A meta-analysis of child and adolescent psychotherapy outcome research tested previous findings using a new sample of 150 outcome studies and weighted least squares methods. The overall mean effect of therapy was positive and highly significant. Effects were more positive for behavioral than for nonbehavioral treatments, and samples of adolescent girls showed better outcomes than other Age  $\times$  Gender groups. Paraprofessionals produced larger overall treatment effects than professional therapists or students, but professionals produced larger effects than paraprofessionals in treating overcontrolled problems (e.g., anxiety and depression). Results supported the specificity of treatment effects: Outcomes were stronger for the particular problems targeted in treatment than for problems not targeted. The findings shed new light on previous results and raise significant issues for future study.**

Over the past decade, applications of the technique known as meta-analysis (see Cooper & Hedges, 1994; Mann, 1990; Smith, Glass, & Miller, 1980) have enriched our understanding of the impact of psychotherapy with children and adolescents (herein referred to collectively as "children"). At least three general meta-analyses encompassing diverse treatment methods and diverse child problems have indicated that the overall impact of child psychotherapy is positive, with effect sizes averaging not far below Cohen's (1988) threshold of 0.80 for a "large" effect. Casey and Berman (1985) reported a mean effect size of 0.71 for a collection of treatment outcome studies with children 12 years of age and younger (studies published from 1952-1983). Weisz, Weiss, Alicke, and Klotz (1987) reported a mean effect size of 0.79 for a collection of studies with youth 4-18 years old (studies published from 1958-1984). Kaedin, Bass,

Ayers, and Rodgers (1990) assembled a collection of studies published between 1970 and 1988 focused on youth 4-18 years of age; mean effect sizes were 0.88 for treatment versus no-treatment comparisons and 0.77 for treatment versus active control comparisons. Combined, these three meta-analyses suggest that psychotherapy may have significant beneficial effects with children and adolescents (for a more detailed review of the meta-analytic procedures, findings, and implications, see Weisz & Weiss, 1993; Weisz, Weiss, & Dusenberry, 1992).

In addition to generating overall estimates of therapy effectiveness, meta-analyses can provide evidence on factors that may be related to psychotherapy outcome. For example, meta-analytic evidence has fueled a lively debate over whether therapy outcomes differ as a function of the type of intervention used. Much of the adult therapy outcome literature has suggested that various forms of therapy work about equally well. One of the general conclusions reached by Smith et al. (1980) in their landmark meta-analysis was as follows:

Psychotherapy is beneficial, consistently so and in many ways. . . . Different types of psychotherapy (verbal or behavioral, psychodynamic, client-centered, or systematic desensitization) do not produce different types or degrees of benefit. . . . [It is]. . . clearly possible that all psychotherapies are equally effective, or nearly so; and that the lines drawn among psychotherapy schools are small distinctions, cherished by those who draw them, but all the same distinctions that make no important differences. (pp. 184, 186)

This conclusion has come to be called "the Dodo verdict" (i.e., "Everybody has won and all must have prizes"; see Parloff, 1984).

The picture may be different in the area of child psychotherapy, but the evidence is somewhat mixed thus far. Casey and Berman (1985) initially found that behavioral methods yielded significantly larger effect sizes than nonbehavioral methods;

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# Effects Of Psychotherapy With Children And Adolescents

**Ray W. Christner, Christy A. Mulligan**



## **Effects Of Psychotherapy With Children And Adolescents:**

*Effects of Psychotherapy with Children and Adolescents* John R. Weisz, Bahr Weiss, 1993-02-04 In *Effects of Psychotherapy with Children and Adolescents* the authors provide an authoritative overview of the practice and study of child and adolescent psychotherapy Research findings on the effects of child psychotherapy are pooled through the use of meta analytic procedures and then analyzed and summarized by the authors They discuss methods for increasing the effectiveness of everyday therapy and offer suggestions for future research This short book should be carefully read and its message thoroughly internalized by every professional who is involved in any way in either deciding about therapy for a child vending or providing therapy for children evaluating therapy for children and imposing therapy on children Issues in Child Abuse Accusations Overall the book is an excellent orientation to the question of the effectiveness of psychological interventions for children and provides a good set of directions for future research Although most of the material is available elsewhere in the form of individual articles this highly accessible comparison and synthesis of outcomes is worthwhile reading for practicing clinicians and researchers alike The book would be a very suitable introduction to questions concerning the efficacy of therapy for children and adolescents It should be essential reading for clinicians in training who plan to work with children and is a useful integration of the research literature for researchers and practitioners as well Contemporary Psychology

Counseling and Psychotherapy with Children and Adolescents H. Thompson Prout, Douglas T. Brown, 2012-06-13 Covering all the major approaches to counseling children and adolescents including psychodynamic Adlerian person centered cognitive behavioral rational emotive reality therapy solution focused and family systems Counseling and Psychotherapy with Children and Adolescents Fourth Edition equips you to become familiar with the latest thinking and practice in counseling and psychotherapeutic interventions with children and adolescents **Introduction to Child and Adolescent**

**Psychopathology** Robert Weis, 2025-10-21 Introduction to Child and Adolescent Psychopathology provides a comprehensive and practical guide to understanding mental disorders and their evidence based treatments The Fifth Edition includes updated research throughout with special attention to developments since the COVID 19 pandemic and features case studies and pedagogy designed to help students understand and retain the material **Psychotherapy for Children and**

**Adolescents** John R. Weisz, 2004-02-23 In this book a clinical scientist highlights youth psychotherapies that have been tested and shown to work Treatments for fears and anxiety depression attention deficits and ADHD and conduct problems and disorder are described in detail their conceptual basis explained their clinical application illustrated by richly developed case examples and their prospects for use in clinical practice examined closely This clinical perspective is complemented by summaries and critiques of the empirical evidence on each treatment and by commentaries on what questions remain unanswered The author s clinical and scientific experience converge to produce a uniquely valuable experience on exemplary treatments for children and adolescents Child and Adolescent Behavioral Health Edilma L. Yearwood, Geraldine S.

Pearson, Jamesetta A. Newland, 2021-03-09 Research has shown that a range of adult psychiatric disorders and mental health problems originate at an early age yet the psychiatric symptoms of an increasing number of children and adolescents are going unrecognized and untreated there are simply not enough child psychiatric providers to meet this steadily rising demand It is vital that advanced practice registered nurses APRNs and primary care practitioners take active roles in assessing behavioral health presentations and work collaboratively with families and other healthcare professionals to ensure that all children and adolescents receive appropriate treatment Child and Adolescent Behavioral Health helps APRNs address the mental health needs of this vulnerable population providing practical guidance on assessment guidelines intervention and treatment strategies indications for consultation collaboration referral and more Now in its second edition this comprehensive and timely resource has been fully updated to include DSM 5 criteria and the latest guidance on assessing diagnosing and treating the most common behavioral health issues facing young people New and expanded chapters cover topics including eating disorders bullying and victimization LGBTQ identity issues and conducting research with high risk children and adolescents Edited and written by a team of accomplished child psychiatric and primary care practitioners this authoritative volume Provides state of the art knowledge about specific psychiatric and behavioral health issues in multiple care settings Reviews the clinical manifestation and etiology of behavioral disorders risk and management issues and implications for practice research and education Offers approaches for interviewing children and adolescents and strategies for integrating physical and psychiatric screening Discusses special topics such as legal and ethical issues cultural influences the needs of immigrant children and child and adolescent mental health policy Features a new companion website containing clinical case studies to apply concepts from the chapters Designed to specifically address the issues faced by APRNs Child and Adolescent Behavioral Health is essential reading for nurse practitioners and clinical nurse specialists particularly those working in family pediatric community health psychiatric and mental health settings Second Place in the Child Health Category 2021 American Journal of Nursing Book of the Year Awards      *Lewis's Child and Adolescent Psychiatry* Andrés Martin, Fred R. Volkmar, Melvin Lewis, 2007 Established for fifteen years as the standard work in the field Melvin Lewis's *Child and Adolescent Psychiatry A Comprehensive Textbook* is now in its Fourth Edition Under the editorial direction of Andrés Martin and Fred R Volkmar two of Dr Lewis's colleagues at the world renowned Yale Child Study Center this classic text emphasizes the relationship between basic science and clinical research and integrates scientific principles with the realities of drug interactions This edition has been reorganized into a more compact clinically relevant book and completely updated with two thirds new contributing authors The new structure incorporates economics diversity and a heavy focus on evidence based practice Numerous new chapters include genetics research methodology and statistics and the continuum of care and location specific interventions A companion Website provides instant access to the complete fully searchable text      [Play Therapy with Children and Adolescents in Crisis](#) Nancy Boyd Webb, 2015-08-20 This widely used practitioner resource and

course text now significantly revised is considered the most comprehensive guide to working with children who have experienced major losses family upheavals violence in the school or community and other traumatic events Leading experts present a range of play and creative arts therapy techniques in chapters organized around in depth case examples Informed by the latest knowledge on crisis intervention and trauma the fourth edition encompasses work with adolescents as well as younger children Each chapter concludes with instructive questions for study or reflection New to This Edition Expanded age range now includes expressive therapy approaches for adolescents More attention to traumatic stress reactions and posttraumatic stress disorder PTSD several chapters address complex trauma Extensively revised with the latest theory practices and research many new authors Additional topics parental substance abuse group work with adolescents chronic medical conditions animal assisted play therapy and courtroom testimony and more

**The Hope Clinic for Women, Ltd. V. Adams** ,2011 Psychotherapy for Children and Adolescents Alan E. Kazdin,2000-01-27 What do we wish to know about psychotherapy and its effects What do we already know And what needs to be accomplished to fill the gap These questions and more are explored in this thoroughly updated book about the current status and future directions of psychotherapy for children and adolescents It retains a balance between practical concerns and research reflecting many of the new approaches to children that have appeared in the past ten years Designed to change the direction of current work this book outlines a blueprint or model to guide future research and elaborates the ways in which therapy needs to be studied By focusing on clinical practice and what can be changed it offers suggestions for improvement of patient care and advises how clinical work can contribute directly and in new ways to the accumulation of knowledge Although it discusses in detail present psychotherapy research this book is squarely aimed at progress in the future making it ideal for psychologists psychiatrists and all mental health care practitioners

**Play Therapy with Children and Adolescents in Crisis, Fourth Edition** Nancy Boyd Webb,2015-07-30 This book aims to provide professionals and clinicians in training with the latest forms of treatment for children and adolescents who have been impacted by crises and trauma The various treatment options presented here include approaches that focus on the individual as well as many that include a parent in conjoint or filial therapy and others that employ a family treatment model Many chapters in this book demonstrate the use of a variety of creative methods with young people who have suffered traumatic experiences such as sexual abuse bullying immigration natural disasters and witnessing violence

*Handbook of Cognitive-Behavior Group Therapy with Children and Adolescents* Ray W. Christner,Christy A. Mulligan,2007-05-07 This Handbook offers a much needed resource of theoretical knowledge evidence based interventions and practical guidelines for professionals providing group psychotherapy to youth clients Written by leading professionals in the field of child and adolescent cognitive behavioral therapy this comprehensive volume offers readers a collection of innovative and well established approaches for group interventions with youth in a variety of treatment settings It addresses a wide range of issues not limited to assessment group member selection and specific

protocols and strategies that readers can implement in their own practice Integrating theoretical and practical aspects leading experts offer their experience through case examples and vignettes suggesting guidelines for overcoming inherent treatment obstacles This Handbook provides not only a framework for delivering effective group therapy but also highlights specific problem areas and it is an invaluable reference for professionals providing therapeutic intervention to children and adolescents

*Essential Research Findings in Child and Adolescent Counselling and Psychotherapy* Nick Midgley, Jacqueline Hayes, Mick Cooper, 2017-02-13 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

**Understanding Abnormal Child Psychology** Vicky Phares, 2003 Beautifully written for a first course in child psychopathology Vicky Phares Understanding Abnormal Child Psychology emphasizes developmental psychopathology as a means for understanding and treating abnormal behavior in children The text emphasizes strengths and healthy outcomes as a means for designing effective therapies to help children and families as well as focusing on prevention as a cornerstone of managing child behavior Throughout this book special attention is given to issues of diversity inclusion and understanding The text also examines the relationships between children and their fathers as well as with other primary figures within families i e siblings step parents care taking grandparents foster parents etc Abnormal Child Psychology is unique in providing for students a chapter on applying the material they have learned and helping children and families who experience problems

*What Works with Children, Adolescents, and Adults?* Alan Carr, 2008-08-18 What Works with Children Adolescents and Adults provides an up to date review of research on the effectiveness of psychotherapy and psychological interventions with children adolescents adults people in later life and people with intellectual and pervasive developmental disabilities Drawing on recent meta analyses systematic reviews and key research studies in psychotherapy this volume presents evidence for the overall effectiveness and cost effectiveness of psychotherapy the contribution of common factors to the outcome of successful psychotherapy the effectiveness of specific psychotherapy protocols for particular problems This comprehensive user friendly guide will inform clinical practice service development and policy It will be invaluable to psychotherapists service managers policymakers and researchers What Works with Children Adolescents and Adults offers a review of the evidence base for three Handbooks published by Routledge The Handbook of Child and Adolescent Clinical Psychology Carr 2006 The Handbook of Adult Clinical Psychology Carr McNulty 2006 and The Handbook of Intellectual Disability and Clinical Psychology Practice O Reilly Carr Walsh McEvoy 2007

**The Elements of Counseling Children and Adolescents, Second Edition** Catherine P.

Cook-Cottone, Laura M. Anderson, Linda S. Kane, 2019-04-01 This unique user friendly text distills essential and up to date guidelines for students and practitioners of child and adolescent counseling Featuring concise step by step protocols supported by evidence based practice the book is organized in a logical sequence from setting the stage for the counseling process to the essentials of active counseling The second edition is distinguished by a more holistic approach to counseling that focuses on the client s narrative goal setting as a partnership between counselor and client and heightened sensitivity to all forms of diversity This includes new content about LGBTQIA clients and those suffering from trauma or substance abuse The second edition focuses on strategies for fostering growth and self inquiry and presents new information on teaching tools for stress tolerance negotiating social conflict and the importance of monitoring progress Key concepts such as using developmentally appropriate language and activities are addressed and as are critical issues such as collaborating with parents and other professionals responding to crisis situations and counselor self awareness and self care Case examples of client counselor dialogues along with summary and questions at the end of each chapter illustrate foundational concepts and facilitate critical thinking An instructor manual is also included New to the Second Edition Promotes goal setting as a partnership between counselor and client Fosters sensitivity to LGBTQIA clients and other forms of diversity Includes updated section on crisis intervention and effective referral skills Focuses on strategies for facilitating client growth and self inquiry Distills new tools for stress tolerance Teaches skills for negotiating social conflict and addressing technology use Key Features Distills essential practical skills for counseling children and adolescents Based on a proven teaching format Includes the most current evidence based interventions Offers a holistic approach to counseling Advocates a strong focus on the client narrative

*Creative Psychotherapy* Eileen Prendiville, Justine Howard, 2016-09-13 Creative Psychotherapy brings together the expertise of leading authors and clinicians from around the world to synthesise what we understand about how the brain develops the neurological impact of trauma and the development of play The authors explain how to use this information to plan developmentally appropriate interventions and guide creative counselling across the lifespan The book includes a theoretical rationale for various creative media associated with particular stages of neural development and examines how creative approaches can be used with all client groups suffering from trauma Using case studies and exemplar intervention plans the book presents ways in which creative activities can be used sequentially to support healing and development in young children adolescents and adults Creative Psychotherapy will be of interest to mental health professionals working with children adolescents and adults including play and arts therapists counsellors family therapists psychologists social workers psychiatrists and teachers It will also be a valuable resource for clinically oriented postgraduate students and therapists who work with victims of interpersonal trauma

Creativity in Counseling Children and Adolescents Teresa Behrend Fletcher, Amanda C. DeDiego, 2023-08-09 Creativity in Counseling Children and Adolescents shows counselors and other mental health professionals how to use a wide variety of creative and experiential activities that

emphasize strengths and skills focused work The first section addresses the basic tenets of experiential learning guiding readers through ways to build a creative and interactive environment for counseling Later chapters lay out methods for choosing activities and finding the right match between diverse interests skills abilities and cultural considerations Once an activity is identified and implemented the book shows counselors how to help children make meaning and capitalize on the benefits of the activity through processing and transferring skills

### **Emotional Disorders in Children and Adolescents**

G. Pirooz Sholevar, Ronald M. Benson, Barton J. Blinder, 2013-10-22 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

### The Elements of Counseling Children and Adolescents

Catherine P. Cook-Cottone, PhD, Linda Kane, Laura M. Anderson, PhD, Laura M. Anderson, 2014-12 Print CourseSmart

### **Developmental Issues in the Clinical Treatment of**

**Children** Wendy K. Silverman, Thomas H. Ollendick, 1999 Developmental and Clinical Issues in the Treatment of Children is the first volume to address the needs of practicing clinicians and other professionals who work in applied mental health settings It represents the first interface of clinical child psychology developmental psychopathology specific child disorders and contextual issues This text s primary purpose is to bring these areas together to build upon the current knowledge base about children child problems and child treatment In summary this compendium integrates the major clinical and developmental issues involved in the real treatment of children The contents of each chapter are relevant to the needs and concerns of practitioners while based on findings from the empirical literature



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