



Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians (Practical Resources for the Mental Health Professional)

George M. Kapalka

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This volume assists practicing mental health professionals in expanding their knowledge about nutritional and herbal interventions that can be attempted as alternatives to prescription medications. Designed to provide guidance for non-medical caregivers treating children and adolescents who present with emotional and/or behavioral difficulties such as depression, anxiety, ADHD, sleep difficulties, impulsivity, distractibility, and other psychological and psychiatric disorders, the volume provides a comprehensive discussion of naturopathic solutions based on existing research. In areas where research is not extensive, conclusions are provided about potentially beneficial effects based on the specific pharmacologic action of the compounds. Dosage for specific age groups, schedules of administration, dietary considerations (i.e., whether or not to take the supplement with food), monitoring for response and adverse effects, signs of dangerous reactions, and the need to control interactions with other compounds (i.e., prescription medications) are thoroughly reviewed with regard to each supplement discussed in the book.

Reviews specific psychological disorders (i.e. ADHD, depression, mania, anxiety, sleep difficulties, tic behaviors and autism) and the available data about their treatment with the use of nutritional and herbal supplements.

Provides rationale for the use of every specific compound with detailed recommendations tailored for each age group with regard to the dosage, frequency of administration, possible dangers and monitoring for side effects.

Discusses claims of efficacy used to market various products and ground those claims within fully vetted scientific research.

Discusses neurobiology, pharmacodynamics and pharmacokinetics in detailed but accessible language

*Non-medical clinicians with limited knowledge of medicine and pharmacology come away with understanding of key issues involved in


Fully covers assessment, diagnosis & treatment of children and adolescents, focusing on evidence-based practices

*Consolidates broadly distributed literature into single source and specifically relates evidence-based tools to practical treatment, saving clinicians time in obtaining and translating information and improving the level of care they can provide

Detailed how-to explanation of practical evidence-based treatment techniques

*Gives reader firm grasp of how to more effectively treat patients

Material related to diversity (including race, ethnicity, gender and social class) integrated into each chapter
*Prepares readers for treating the wide range of youth they will encounter in practice

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From reader reviews:

Alfred Greenwell:

Playing with family in the park, coming to see the coastal world or hanging out with buddies is thing that usually you will have done when you have spare time, then why you don't try matter that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians (Practical Resources for the Mental Health Professional), you could enjoy both. It is very good combination right, you still would like to miss it? What kind of hang-out type is it? Oh can happen its mind hangout folks. What? Still don't understand it, oh come on its named reading friends.

Mandi Rice:

The book untitled Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians (Practical Resources for the Mental Health Professional) contain a lot of information on the item. The writer explains her idea with easy method. The language is very clear and understandable all the people, so do definitely not worry, you can easy to read this. The book was compiled by famous author. The author provides you in the new period of time of literary works. It is easy to read this book because you can please read on your smart phone, or model, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site as well as order it. Have a nice learn.

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Michael Espy:

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, not at all of book usually are make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading in which.

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