A Clinician’s Handbook of Child and Adolescent Psychiatry

This authoritative clinical handbook provides a comprehensive overview of the main disorders encountered by child and adolescent psychiatrists in clinical practice, ranging from eating, sleep and affective disorders to substance abuse, gender identity disorder and sexual abuse. The approach is evidence based and emphasis is on good clinical practice and quality control of patient care. In contrast to other books in the field, the authors’ intention is not to cover exhaustively all the relevant science, but rather to present in condensed form any research findings that are significant for clinical practice.

For coherence, each chapter is constructed in the same way: introduction, definition and classification, epidemiology, the clinical picture, aetiology, treatment and outcome. The disorders covered are based on the ICD-10 and DSM-IV classifications, and appendices include documents for assessment of intervention planning and evaluation.

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A Clinician’s Handbook of Child and Adolescent Psychiatry

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Preface

Child and adolescent psychiatry is a rapidly expanding branch of medicine. Important research gains have been made in the past decades, and there is now a firm knowledge basis for many of the psychiatric disorders with child or adolescent onset. This knowledge has taken some time to filter through to clinical child and adolescent psychiatric services.

The aim of this book is to provide a comprehensive overview of the relevant objectives of child and adolescent psychiatry in clinical practice. The approach is decisively evidence based as far as this is possible with the current status in the field and thus avoids the consideration of various theoretical or even speculative approaches. Rather, the emphasis is on guidance for good clinical practice and help with the quality control of patient care. The various chapters have been written by experts in the respective fields. In contrast to other textbooks, the major objective is not to cover all relevant research findings exhaustively but rather to condense the scientific knowledge that is significant for clinical practice. Thus, the present deskbook deals with clinical disorders only.

The list and order of contents is guided by the ICD-10 and the various chapters also comment on the DSM-IV classification. A clear common structure for the chapters enforces the coherence of the monograph. After an introduction, definition and classification, epidemiology, the clinical picture, aetiology, treatment and outcome are specifically outlined for each disorder. Tables, figures and flowcharts, serve as additional sources of information and highlight special messages. Various appendices include important documents for assessment of intervention planning and evaluation.

The book is intended for child and adolescent psychiatrists, and for other specialists working in, or at the borders of, child mental health, including community and developmental pediatricians, school health doctors, child neurologists and adult and forensic psychiatrists. The language and writing style are such that it should also be a valuable source of clinical guidance for psychologists, social workers, nurses and other paramedical professionals working in the field.
The authorship is international with a strong European and North American orientation. The editors are grateful for the willingness and effectiveness of the authors to adopt the special structure and the intended message of this textbook and to bring in their expertise in order to provide an accurate and comprehensive account of the current state of knowledge of the various child and adolescent psychiatric disorders. Special thanks are also due to the publisher, most notably to Pauline Graham, Jo Bottrill and Mary Sanders for the assistance in producing this book.

Sadly, Richard Harrington died shortly before finalization of the manuscript of this book. His death is a great loss to his family, his colleagues and his friends. Besides his outstanding scientific contributions to child and adolescent psychiatry, he was a most skilful and experienced clinician and a genuine and warmhearted personality. This book will serve as a commemoration to Richard Harrington.
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