

Contents

Picture Credits viii
Acknowledgements x

Introduction 1

Volume 1. Assessment

A. The Child

Normality 5
Being a Child 19
Teenagers 22
Adapting Evidence to a Child 28
Predicting the Future 34

B. Interviewing

Planning the Session 40
Questionnaires 47
Talking to a Child 53
Regulated Chaos 59
Active Listening 62
Other Communication Skills 65
Taking a History 73
Observing and Listening 82
Investigations 88

C. The Family

The Family History 97
Clinical Relationships 101
Types of Parents 108
Talking to Parents 117
What Do They Want? 126

D. Friction

Being Manipulated 131
Common Misconceptions 134
How to Refuse or Disagree 142
Agitated Thinking 153
Anger and Rudeness 155

E. Formulating

Finding Causes 160
Describing the Current State 171
Thinking about the Formulation 178
Timecourses 187
Difficult Formulations 193
Tools for Formulation 203
Rare Problems 208
Undiagnosing 213
Psychiatry without Diagnoses 218

F. Explaining

Presenting the Formulation 227
Writing Letters and Reports 235
Words 247
Influencing 255
Persuading 262

G. This Shouldn't Happen!

Risk Events 271
Risk Policies 279
Predicting the Unpredictable 288

Contents

Volume 2. Treatment

H. Orchestrating Treatments

- Choosing a Treatment 293
- Simultaneous Treatments 304
- Sequences of Care 310
- Strategy and Tactics 316
- Treatment Failure 323

I. Specific Treatments

- Easy Treatments 331
- Behaviour Management 339
- Relationship Management 355
- Talking about Talking Treatments 360
- Changing an Idea 365

J. Prescribing

- Prescribing 376
- Unusual Prescribing 388
- Dynamic Prescribing 397
- Side-Effects 411
- Medicine-Based Psychiatry 417

K. Quality

- Quality 422
- Levels of Care 427
- Lowering Standards 433
- Good and Bad Guidelines 439

L. Situations

- Inpatient 445
- Violence 450
- Self-Harm 456
- Abuse 469
- Trauma 477
- Psychogenic Problems 484

M. You

- The Good-Enough Child Psychiatrist 496
- Adaptability 504
- Shaping a Job 508
- Developing Yourself 510
- Mentors 519

N. Thinking

- Dealing with Complexity 522
- Superficial or Deep 526
- Cognitive Heuristics 533
- Improving Your Intuition 542
- Expertise 548
- Paradox 556

O. Ethics

- Dishonesty 564
- Clinical Ethics 570
- Organisational Ethics 578
- Private Work 588