



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

*George M. Kapalka*

## **Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians (Practical Resources for the Mental Health Professional) George M. Kapalka**

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:**

**James Hopwood:**

A lot of people always spent their very own free time to vacation as well as go to the outside with them family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity here is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day every day to reading a reserve. The book Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians (Practical Resources for the Mental Health Professional) it is quite good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In case you did not have enough space bringing this book you can buy often the e-book. You can m0ore easily to read this book from your smart phone. The price is not to fund but this book offers high quality.

**Colleen Williams:**

Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians (Practical Resources for the Mental Health Professional) can be one of your starter books that are good idea. We recommend that straight away because this e-book has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort to get every word into pleasure arrangement in writing Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians (Practical Resources for the Mental Health Professional) nevertheless doesn't forget the main level, giving the reader the hottest and also based confirm resource information that maybe you can be one among it. This great information may drawn you into new stage of crucial contemplating.

**Jennifer Pittman:**

This Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians (Practical Resources for the Mental Health Professional) is great e-book for you because the content that is full of information for you who always deal with world and still have to make decision every minute. This particular book reveal it facts accurately using great coordinate word or we can say no rambling sentences within it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but hard core information with beautiful delivering sentences. Having Nutritional and Herbal Therapies for Children and Adolescents: A Handbook for Mental Health Clinicians (Practical Resources for the Mental Health Professional) in your hand like having the world in your arm, details in it is not ridiculous one particular. We can say that no reserve that offer you world inside ten or fifteen second right but this book already do that. So , this is good reading book. Heya Mr. and Mrs. occupied do you still doubt that will?

**Irma Murray:**

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 it. The writer explains the girl idea with easy method. The language is very clear to see all the people, so do definitely not worry, you can easy to read this. The book was compiled by famous author. The author will take you in the new age of literary works. You can actually read this book because you can read on your smart phone, or gadget, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a nice study.

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