

**Interventions with Children and Adolescents  
Psychology 6080**



**Required Texts and Readings:**

- Handbook of Interventions that Work with Children and Adolescents: Prevention and Intervention. (2003). L. Barrett & T. Ollendick, eds. Wiley Press.
- Readings from published literature (TBA – updated readings determined each semester).

**Course Description and Objectives**

This course will provide training in skills necessary for working effectively with children and adolescents who present with mental health needs or health related/physical problems requiring mental health services. It will cover how to develop, implement, and evaluate intervention programs for these populations. Both Clinical and Pediatric populations will be addressed. Practical, legal, and ethical issues for working with children and adolescents in educational, mental health, and medical settings also will be discussed. Finally, skills to evaluate treatment effectiveness will be covered.

**Objectives:**

*Students completing this course will demonstrate knowledge of:*

- Child mental health law.
- Special needs of children and adolescents with mental health problems.
- Common presenting problems of child and pediatric referrals.
- Special considerations in working in mental health, educational and medically based settings.
- A variety of intervention techniques utilized with these populations.
- The relationship between psychological interventions and medication.

*Students also will demonstrate skills to:*

- Critically evaluate published research on treatment efficacy with children and adolescents.
- Present research findings both verbally and in writing.
- Develop step-by-step treatment protocols for a variety of presenting problems.
- Evaluate the effectiveness of interventions utilized in clinical practice.

**Course Requirements**

**In class quizzes or activities.** You will have a quiz or class activity during most days of class. These quizzes and activities will cover the assigned reading(s) and/or class discussions for that day. Each activity/quiz will be worth 20 points. Your 10 highest scores will be used in calculating your grade.

**Case studies.** You will be given two case studies that describe a child or adolescents referral. You will be given relevant assessment information; based on this information, you will develop an intervention plan to address the presenting problem(s). The cases will be discussed briefly in class, and further instructions will be provided. Each case study is worth 125 points. Due dates are listed on the course schedule.

**Research article reviews.** To enhance your abilities to utilize published, empirical literature, you will select a presenting problem that occurs in children or adolescents. After receiving approval for your chosen topic, you will search the research literature for empirical studies addressing treatment for your topic area. You will select five (4) articles that involve an empirical investigation of some form of child or adolescent therapy technique(s). All studies must have been published since 2000. You then will turn in a written summary and critique of each of the articles. All articles are due together, and are worth a total of 100 points.

**Presentation.** Based on the articles you utilize for your reviews, you will conduct a 15-20 minute presentation for the class during the last week of classes. This presentation should include a brief description of your topic area, then a summary of the research you found regarding effective intervention strategies. Your grade will be based on the type and accuracy of information presented as well as your presentation style. The presentation is worth 100 points.

**Grades**

In class quizzes/activities	10 x 20	200 pts
Case studies	2 x 125	250 pts
Empirical Reviews	5 x 25	100 pts
Presentation	1 x 100	<u>100 pts</u>
		650 total points

Grades will be assigned on the following scale:

- A: 585-650 pts
- B: 520-584 pts
- C: 455-519 pts
- D: 390-456 pts
- F: 389 or below

**Course Outline**

**Week 1:**

**Topics:** *Course introduction; Child therapists: Roles, settings and ethical/legal issues*

**Week 2:**

**Topics:** *Training, Legal and ethical issues*

**Read:** Ch 1 and assigned readings.

**Week 3:**

**Topics:** *Systems approach; Linking Psychological Assessment to Treatment*

**Read:** assigned readings

**Week 4:**

**Topics:** *Treatment efficacy/effectiveness; Overview of approaches/techniques*

**Read:** assigned readings

**Due:** Topic for research reviews/presentation

**Week 5:**

**Topics:** *Developmental issues; Play therapy techniques*

**Read:** assigned readings

**Week 6:**

**Topics:** *Fear and anxiety reduction techniques*

**Read:** Ch. 9, 10, 11, and 12

**Week 7:**

**Topics:** *AD/HD, ODD, CD*

**Read:** Ch. 5, 6, 7, 18

**Week 8:**

**Topics:** *Substance Use; Inappropriate Sexual Behavior*

**Read:** Ch 13, 14

**Week 9:**

**Topics:** *Depression; Sleep Disorders*

**Read:** Ch. 8, 15

**Due:** Case Study #1

**Week 10:**

**Topics:** *Child Abuse and Neglect;*

**Read:** Ch. 19, 20

**Week 11:**

**Topics:** *Divorce; Parenting and parent training*

**Read:** Ch. 21 and assigned readings

**Week 12:**

**Topics:** *Mental Retardation; Developmental Disabilities, and Autism*

**Read:** Ch. 2, 3

**Week 13:**

**Topics:** *Pediatric Populations; Consultation*

**Read:** Ch. 22, 23

**Due:** Case Study #2

**Week 14:**

**Topics:** *Prevention; Student Presentations*

**Due:** Research summaries/critiques