



## **Supporting the Mental Health of Children in Care: Evidence-Based Practice**

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# Supporting the Mental Health of Children in Care: Evidence-Based Practice

## Supporting the Mental Health of Children in Care: Evidence-Based Practice

Combining contemporary research with practice findings, this book shows how we can improve the mental health of children in care.

Expert contributors highlight the challenges that children face and propose innovative models of practice which have been proven to improve outcomes. The book describes the difficulties children in care commonly encounter, such as vulnerability to self-harm, substance misuse or inappropriate sexual behaviour. It goes on to explore therapeutic interventions, such as art therapy or integrative therapy, which can be used to address the root of these behaviours. With a range of clinical and practical perspectives, it also makes recommendations for further training for foster carers, for reinforcing professional support networks and for all agencies to have a developed understanding of cultural considerations when working with children in care.

Those committed to improving the mental health of children and young people in care, such as psychologists, psychiatrists, CAMHS professionals and social workers, will find this book an invaluable source of evidence and inspiration.

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