Clinician’s Guide to Evidence-Based Practice

Programs and Interventions for Maltreated Children and Families at Risk

Edited by ALLEN RUBIN
Praise for *Programs and Interventions for Maltreated Children and Families at Risk*

“A useful handbook for new and experienced practitioners who work with child welfare clients and for those who refer child welfare clients to therapists. It is simultaneously practical and thought-provoking.”

—Sherrill Clark, Ph.D.
Program Evaluation Specialist
California Social Work Education Center
University of California School of Social Welfare

“At long last, a welcome and timely resource is available that identifies effective evidence-based intervention programs for at-risk and abusing and neglecting families. It is well written and organized to inform child welfare practitioners, therapists, and mental health professionals about prevention and intervention programs specific to problems and needs of individuals, families, and communities. This book should become a standard reference and resource for students, agency administrators, and practicing professionals.”

—Alberta J. Ellett, Ph.D.
Director & Principal Investigator
Child Welfare Education Program
University of Georgia School of Social Work

“This volume represents an important step in the diffusion of evidence-based practices and programs to child welfare stakeholders. Although child maltreatment has serious deleterious consequences for children, families, and society, the child welfare system has been slow to embrace evidence-based practices. Dr. Rubin is commended for compiling a comprehensive collection, with chapters authored by many leading treatment developers and researchers, of those interventions and programs that have demonstrated effectiveness or are among the most promising in the field.”

—Scott Henggeler, Ph.D.
Director, Family Services Research Center
Department of Psychiatry and Behavioral Sciences
Medical University of South Carolina

“Allen Rubin has edited an impressive collection of original chapters authored by experts in the field of child maltreatment into a comprehensive summary of empirically supported interventions. Topics are exceptionally diverse, ranging from directly treating abused children, family work, therapy with children exposed to parental domestic violence and substance abuse, and parent training programs. All the structured programs with high levels of empirical support are included, making this an invaluable resource for all providers of services in the area of child maltreatment. This would also make an excellent primary textbook for courses focused on child maltreatment.”

—Bruce A. Thyer, Ph.D., LCSW, BCBA
Editor, *Research on Social Work Practice*
College of Social Work
Florida State University
Programs and Interventions for Maltreated Children and Families at Risk
Clinician’s Guide to Evidence-Based Practice Series

Treatment of Traumatized Adults and Children
Allen Rubin and David W. Springer, Editors

Substance Abuse Treatment for Youth and Adults
David W. Springer and Allen Rubin, Editors

Psychosocial Treatment of Schizophrenia
Allen Rubin, David W. Springer, and Kathi Trawver, Editors

Treatment of Depression in Adolescents and Adults
David W. Springer, Allen Rubin, and Christopher G. Beevers, Editors

Programs and Interventions for Maltreated Children and Families at Risk
Allen Rubin, Editor
To Chris, who is my tennis coach, best friend, and beloved wife.
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Series Introduction

One of the most daunting challenges to the evidence-based practice (EBP) movement is the fact that busy clinicians who learn of evidence-based interventions are often unable to implement them because they lack expertise in the intervention and lack the time and resources to obtain the needed expertise. This is the fifth in a series of edited volumes that attempt to alleviate that problem and thus make learning how to provide evidence-based interventions more feasible for such clinicians.

Each volume will be a how-to guide for practitioners—not a research-focused review. Each will contain chapters detailing how to provide interventions whose effectiveness is being supported by the best scientific evidence. Instead of emphasizing the research support in the chapters, that support will be summarized in an Appendix. Each chapter will focus on helping practitioners learn how to begin providing an evidence-based intervention that they are being urged by managed care companies (and others) to provide, but with which they may be inexperienced. The chapters will also identify resources for gaining more advanced expertise in the interventions.

We believe that this series will be unique in its focus on the needs of practitioners and in making empirically supported interventions more feasible for them to learn about and provide. We hope that you will agree and that you will find this volume and this series to be of value in guiding your practice and in maximizing your effectiveness as an evidence-based practitioner.

Allen Rubin, Ph.D.
David W. Springer, Ph.D.