



Diagnosing *and* Treating Children *and* Adolescents

A Guide for Mental Health Professionals

EDITED BY
BRANDÉ FLAMEZ
CARL J. SHEPERIS

WILEY

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Children and Adolescents***

**A Guide for
Mental Health Professionals**

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To my children, Evelyn and Braeden.

Thank you for all the love and laughter you bring to my life.

You have been a gift from the beginning.

I love you more than all the sand on the beach and the stars in the sky.— Brandé

*For my children, Ellis, Jake, Joe Lee, Emily, and Laura Beth—your
smiles, kisses, laughter, and hugs are some of the best things in life.— Carl*

Preface

We decided to write *Diagnosing and Treating Children and Adolescents: A Guide for Mental Health Professionals* because of the often-difficult task of framing mental health symptomology with this population. We aim to help future and current counselors, behavioral health care clinicians, and other helping professionals become better at navigating decision trees in light of developmental considerations, assessment information, presenting symptoms, comorbidity, levels of severity, prevalence data, research, and other relevant factors. We also strive to provide a clear, evidence-based pathway from appropriate diagnosis to treatment planning. Child and adolescent mental health services are distinctly different from adult services, and those clinicians working with children and adolescents require a specialized knowledge base to be effective. Numerous changes occurred to the diagnostic process, assessment procedures, and diagnostic nomenclature with the publication of the *DSM-5*. As such, both current and future practitioners have a learning curve to navigate. Our hope is to provide the essential information that will help you, the reader, to rise to the top of the curve by developing a better conceptualization of mental health symptomology in children and adolescents and by developing the knowledge base to make best practice decisions for working with this vulnerable population.

We believe that diagnosis and treatment planning have a symbiotic relationship. Having skills in both areas is necessary to address client problems effectively. Throughout our textbook, we stress the need to identify the correct diagnosis accurately and to use that diagnosis to inform a plan for evidence-based intervention. To diagnose accurately, clinicians require in-depth knowledge of the *DSM-5*, related assessments, and the professional literature. Although no resource can substitute for the diagnostic manual, a focused exploration of the disorders as they relate to children and adolescents can provide a valuable means for organizing a vast amount of complex information. Throughout this textbook, we provide you an overview of the various disorders as they specifically relate to children and adolescents so that you can become more competent in the diagnostic and treatment-planning processes.

This textbook has two primary goals. The first goal is to ground readers in the comprehensive diagnostic process that has evolved with the publication of the *DSM-5*. Our second goal is to provide a framework for applying the *DSM-5* to child and adolescent mental health. To meet these goals, the textbook is divided into two parts that provide contemporary perspectives on child and adolescent mental health, procedures for diagnosis, fundamentals of treatment planning, diversity issues in diagnosis, and exploration of each diagnostic category related to children and adolescents. These parts include Stages of the Comprehensive Diagnostic Process and Diagnostic Categories of Psychiatric Disorders. An introduction to Part I immediately follows, and an introduction to Part II is before the start of Chapter 5 ("Autism Spectrum Disorder").

Acknowledgments

Completing a project of this scope would not have been accomplished without the dedication, hard work, and wonderful contributions of the contributing authors. To each of you, we extend our sincere appreciation for helping create a text that introduces the *DSM-5* and discusses the integral role it assumes in assisting mental health professionals in diagnosing and treating children and adolescents.

We would like to thank those at John Wiley & Sons who helped turn our vision into reality, especially our editor, Rachel Livey. Your support, patience, and encouragement are invaluable, and this book would not have been possible without your involvement. Finally, we would like to give a warm thank-you to Patricia Rossi, our acquisitions editor, for her helpful and enthusiastic responses.

—*Brandé and Carl*

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I appreciate the support from my department chair, Dr. Carl J. Sheperis. I would like to thank and acknowledge my friend and colleague Dr. Jason H. King for his generous recommendations and his insights throughout the process. I am grateful to Dr. Melinda Haley for her assistance with the manual. And to all the families and clients I have been privileged to serve, thank you for being an ongoing source of inspiration. Each one of you has my sincere appreciation and gratitude.

—*Brandé Flamez*

This project would not have been possible without the support of my wife (Donna Sheperis) and my family. Their patience and love is the essential ingredient in my success. I want to acknowledge the privilege I have had to work with thousands of children and adolescents throughout my career. Their lived experiences have helped make me the mental health counselor I am today.

—*Carl Sheperis*

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Contents

	<i>Preface</i>	xi
	<i>Acknowledgements</i>	xiii
	<i>About the Editors</i>	xv
	<i>List of Contributors</i>	xvii
PART I	STAGES OF THE COMPREHENSIVE DIAGNOSTIC PROCESS	1
CHAPTER 1	CONCEPTUALIZING <i>DSM-5</i> DISORDERS IN CHILDREN AND ADOLESCENTS	3
	<i>Brandé Flamez, Jason H. King, and Joshua D. Francis</i>	
	Introduction	3
	Defining a Mental Disorder	4
	The Clinical Significance Criterion in Diagnosis	7
	The Developmental Process	8
	Age-Related Factors	11
	Neurodevelopment and Neurodevelopmental Disorders	14
	Changes in Diagnostic Categories from the <i>DSM-IV-TR</i> to the <i>DSM-5</i>	20
	Summary	25
	References	26
CHAPTER 2	EFFECTIVE STRATEGIES FOR ASSESSING <i>DSM-5</i> DISORDERS	28
	<i>Joshua D. Francis and Laura R. Haddock</i>	
	Introduction	28
	Diagnostic Challenges and Special Consideration When Working with Children and Adolescents	28
	Classification Models	33
	Identifying Sources of Information	35
	Assessment Strategies	38
	Establishing Diagnostic Validity	44
	Assessment Instrument Validity and Reliability	46
	Conducting a Differential Diagnosis	47
	Clinical Case Formulation	48
	Comprehensive Case Study	49
	Summary	51
	References	52

CHAPTER 3	DEVELOPING AND EVALUATING CLIENT TREATMENT PLANS	55
	<i>Laura R. Haddock, Michelle Perepiczka, and Ruth Ouzts Moore</i>	
	Introduction	55
	Assessment Measures for Children (6–17) in the <i>DSM-5</i>	55
	Case Conceptualization	63
	Diagnosing	64
	Components of a Comprehensive Treatment Plan	68
	Challenges in the Treatment Planning Process	71
	Strategies to Maximize Treatment Plan Effectiveness	75
	Treatment Plan Development	76
	Summary	78
	References	79
CHAPTER 4	ADDRESSING CLIENT DIVERSITY THROUGHOUT THE DIAGNOSTIC PROCESS	81
	<i>Jacob J. Levy and Shawn L. Spurgeon</i>	
	Introduction	81
	Culture and Multiculturalism	81
	Culture and Diagnostic Decision Making	83
	Cultural Concepts of Distress	86
	Culture and the <i>DSM</i>	87
	The Process of Multicultural Assessment	88
	Case Example: Alon	92
	Summary	96
	References	97
PART II	DIAGNOSTIC CATEGORIES OF PSYCHIATRIC DISORDERS	101
CHAPTER 5	AUTISM SPECTRUM DISORDER	103
	<i>Joshua John Diehl, Christina G. McDonnell, and Kristin Valentino</i>	
	Introduction	103
	Description of the Disorder	103
	Differential Diagnosis	110
	Assessment Strategies	112
	Treatment Strategies and Interventions	115
	Evaluation Strategies	117
	Diagnostic Challenges	118
	Summary	120
	References	122
CHAPTER 6	ATTENTION-DEFICIT/HYPERACTIVITY DISORDER	128
	<i>Jason D. Kushner</i>	
	Introduction	128
	Description of the Disorder	131
	<i>DSM-5</i> Criteria	132
	Differential Diagnosis	134