

Foreword
Residential treatment



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Residential treatment of children and adolescents in America has recently undergone many changes. Cognitive behavioral therapy has largely displaced psychodynamic therapies. Contemporary residential treatment is conceived as a working component in a series of different, linked services, any one of which may be the leading modality at any given time. Psychopharmacologic treatments are widely used; specialized treatments such as special education programs are also used.

At times, short-term step-up programs such as child psychiatric inpatient hospital care may be put in place. Individual, group, and family therapy may be indicated. Outcome research methodologies are being explored. Evidence-based therapy in such a complex network of varied services poses many problems. New ethical and legal issues and costs add to the complexity of contemporary residential treatment programs.

I am grateful to the Guest Editors, Bennett L. Leventhal, MD, and D. Patrick Zimmerman, PsyD, and the excellent group of authors they have brought together for this thoughtful account of the current status of residential treatment for children and adolescents.

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