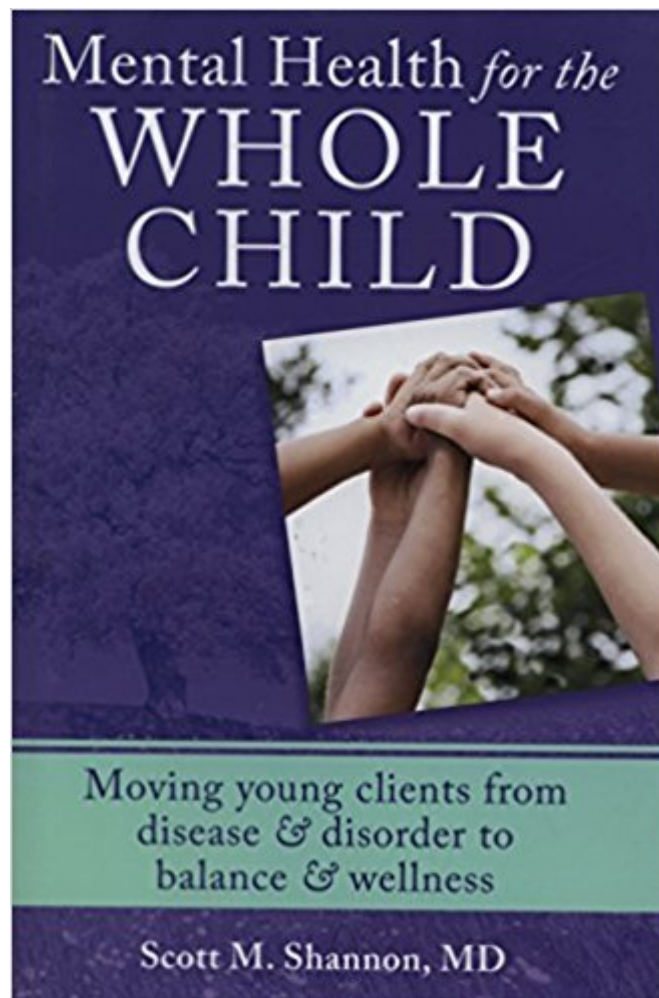




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# Mental Health For The Whole Child: Moving Young Clients From Disease & Disorder To Balance & Wellness



## Synopsis

A leading pediatric psychiatrist shows clinicians a holistic, full-spectrum approach to children's well-being. Every child possesses enormous untapped potential, and yet the number of kids suffering from mental illness today seems to creep ever upward. Depression, anxiety, ADHD, OCD, oppositional defiant disorder, anger issues—*you name it*—are increasingly prevalent, leaving clinician's offices packed with worried parents and caregivers, wondering how they can help their children. In this book, child psychiatrist Scott Shannon offers a refreshing new path for practitioners who are eager for a more optimistic view of children's mental health, one that emphasizes a child's inherent resilience and resources over pathology and prescriptions. *“What is mental health?”* Shannon explores the fundamental question, showing that an innate desire for balance—a wholeness—between brain-body-mind lies at the heart of wellness. Such a balance can't be achieved by medication alone, but requires a broad, full-spectrum understanding of children's lives: their diet, social skills, sleep habits, their ability to self-regulate, to find meaning and purpose in life, and their family relationships. Stress, trauma, and poor nutrition are some of the most common barriers to wholeness in kids' lives, and Shannon carefully examines these and other barriers, and what the latest discoveries in neuroplasticity and epigenetics tell us about their ability to overcome them. Readers will learn how to perform a different sort of assessment—one that identifies patterns of imbalance and obstacles to health in a child's life—as well as how to build a meaningful, effective treatment plan around these deficits, and how clinicians can best position themselves to respond effectively. The second part of the book looks at eight of the most common childhood mental health issues—ADHD, depression, behavioral problems, anxiety and OCD, bipolar disorder, substance abuse, autism spectrum disorders, and trauma and PTSD—and a variety of effective complementary treatment tools for each, including dietary changes, nutritional supplements, specific cognitive or behavioral therapies, parenting interventions, medications, and more. Step-by-step treatment plans are included to guide clinicians on how best to approach each presenting problem. *Mental Health for the Whole Child* combines modern science, cutting-edge psychology, integrative medicine, and clinical wisdom to offer all professionals who work with kids a new, more hopeful way forward.

## Book Information

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## Customer Reviews

“[A] welcome resource in an era where we are seeing so many behavioral issues in our children. . . . Dr. Shannon . . . brings his considerable reputation to offer us a well-referenced, easy-to-use guide to mental health issues in children, which is not primarily based on psychopharmacology. . . . [P]ragmatic, wise, well-researched, and clearly expertly practiced methods . . . . I strongly recommend it to anyone whose family or patients have been touched by mental health issues in children and who seeks a truly compassionate, rational, and holistic approach to their care and healing.” - Explore: The Journal of Science and Healing

“With clear, concise, and accessible language, Shannon writes a well-researched, thoughtful text, and supports his thesis with a multitude of peer-reviewed research and case studies. . . . [T]he book is an informative read. It highlights current issues, suggests new practices, and explores ways to holistically improve a child’s health.” - PsychCentral

“With compassion and practical wisdom, Dr. Shannon lays out a simple, balanced approach to pediatric mental healthcare, one that looks beyond the diagnosis-drug paradigm we’ve come to rely on. Readers will learn how to understand and assess all areas of a child’s life to identify the real roots of common childhood problems. Mental Health for the Whole Child is refreshingly pragmatic and compelling” a necessary addition to any clinician’s toolbox.” - Andrew Weil, MD, founder of the Arizona Center for Integrative Medicine; author, Spontaneous Happiness: A New Path to Emotional Well-Being

“This is a valuable, practical guide for practitioners and families from America’s master of integrative child psychiatry. Dr. Shannon brings his years of expertise to life with clinical stories and the latest research” a heartfelt gift to this rapidly growing field.” - Kathi J. Kemper, MD, MPH, author of Mental

Health Naturally and Addressing ADD Naturally – “Today, we pathologize children who struggle with emotional and behavioral issues, relying on medications for a solution. Tomorrow, if we heed the lucid, powerful, and science-based prescription for reform in Mental Health for the Whole Child, we will adopt holistic methods for helping those children truly heal and become physically, emotionally, and spiritually well. I am certain that if our children had their say, they would pick this future over our present ways.” – Robert Whitaker, author of *Anatomy of an Epidemic and Mad in America*

Scott M. Shannon, MD, is assistant clinical professor of psychiatry at the University of Colorado and past president of the American Board of Integrative Holistic Medicine. Board Certified in Child/Adolescent Psychiatry and Integrative Holistic Medicine, he teaches health care professionals around the world how to approach children’s health and well-being holistically, without assuming pathology. He is the founder of the Wholeness Center in Fort Collins, Colorado, the largest and most comprehensive integrative mental health clinic in the U.S. ([www.wholeness.com](http://www.wholeness.com))

Excellent, helpful and all-inclusive. Should be required reading for all families (not just mothers) and - particularly - family doctors, who are a bit remiss on some of the topics covered. It would be wonderful to have a DVD presentation for those who are not readers. It is vitally important stuff.

A wonderful book!

I have just finished reading Dr. Shannon’s amazing book and I am deeply appreciative of the unique perspective of his clinical prowess, his wide spectrum of research supporting his premises, the deep basis of experience and wisdom guiding his advice and his huge holistic array of resources that he brings into the equation. He creates a unique wisdom that promotes an understanding beyond convention and a direction of treatment, possibilities and outcomes beyond any of the many limited perspectives of single disciplines. And beyond the talented and intelligent advice offered in the seminal work is a bandwidth of heart, compassion, and a desire to help our children that catapults this book to what I consider best in the field.

Psychiatrist Scott M. Shannon has written an extremely helpful book for all child psychiatrists who want to become healers instead of just doctors who write prescriptions. The work Dr. Scott M. Shannon does is incredible and in this book he shares all his secrets to getting kids well. He much

prefers physiological interventions to medication but prescribes medication when necessary. This book deals with ADHD, depression, anxiety, OCD, bipolar disorder, PTSD, autism and substance abuse. Each chapter has a step-by-step treatment plan. What I liked most about this book is the advice to treat the whole person. Instead of labeling a patient, Dr. Scott M. Shannon attempts to achieve balance in mind, body and spirit. He believes that the average child is more stressed and traumatized than we realize. He looks at things like poor diet or over stimulation by media or video games. He believes in lifestyle changes to promote wellness. This is a very enjoyable book to read as Dr. Scott M. Shannon captivates, entertains and teaches all at the same time. He has a very warm and caring writing style and he is an excellent story teller. While it was great that he believes spirituality is important I couldn't agree with him that it doesn't matter which religion you choose. I also wouldn't recommend a shamanic journey or kundalini yoga. But fortunately the book doesn't deal with these issues very much. Also do more research on St. John's Wort and Kava Kava before recommending it to patients. Some say Kava Kava causes liver damage and you can't mix St. John's Wort with antidepressants. Otherwise the book would be a great addition to any child psychiatrist's bookshelf. It is a book that will be read often and referred to constantly. It is one of the best books Norton has ever produced and I review a lot of their books. ~The Rebecca Review I received this book free for review. This review is my honest opinion.

Dr. Shannon is notorious for giving micronutrients (they are called Daily Essential Nutrients) to patients rather than psychoactive drugs. You can learn more about it by search Dr. Scott Shannon on Youtube.

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