



Nicholas W. Gelbar (Ed.): Adolescents with Autism Spectrum Disorder: A Clinical Handbook

Oxford University Press, 2018, 337 pages, \$55.00

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Published online: 17 December 2018
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Nicholas Gelbar's edited volume contains chapters from many experts working in various settings. The diverse chapters are neatly organized into three sections: diagnosis and treatment, supporting educational needs, and special populations. There are several compelling features to each chapter. All the chapters begin with highlighted bulleted points as well as conclude with study questions and helpful resources. Most chapters delineate limitations and future directions for research.

One particularly well organized and informative chapter is "Efficacious treatments for common psychiatric challenges in adolescents with Autism Spectrum Disorder" by Nowinski, Milot, Gold, and McDougle. Common co-morbidities in adolescents with ASD such as mood disorders, anxiety disorders, ADHD, disruptive behaviors, sleep problems, catatonia, and gender dysphoria are clearly explained and reviewed. Importantly, pharmacological and non-pharmacological interventions are fully discussed.

Conner, DeVrTeies, and Reaven authored a noteworthy chapter on cognitive behavioral approaches for treating adolescents with autism spectrum disorders. The chapter seamlessly synthesizes the basic research on CBT and practical implications. Necessary modifications to traditional CBT are explained. Applications with teens diagnosed with anxiety, mood, disruptive behavior, and other co-morbidities are cogently addressed.

Matheis, Eslatillo, and Matson provided another excellent contribution on challenging behavior in adolescents diagnosed with Autism Spectrum Disorder. In particular,

they address and define various challenging behaviors such as aggression, self-injury, stereotypies, pica, vomiting, and rumination. Most importantly, they explain functional behavioral assessment and various interventions for these difficult to treat cases.

A chapter that spotlights the utility of this handbook for professionals in multiple disciplines is Chap. 6, "Self-determination and the transition to adulthood for youth and young adults with an Autism Spectrum Disorder" by Wehmeyer and Shogren. Their work emphasizes the importance of self-determination in successful transitions to adulthood, especially in the planning phases of post high school education. The piece includes multiple references to research studies indicating the importance of using evidence-based practices to improve the life-long skill of self-determination and promotes student advocacy during the transition planning phase of an adolescent's life. The information provided is particularly useful for educators and caregivers who are looking for ways to support this population but also to promote self-advocacy and autonomy.

This clinical handbook represents an admirable effort at bridging the research-practice gap. The work is a comprehensive compilation of the current literature on this clinical population and goes even further to offer many practical resources as well as plentiful suggestions for future research. Moreover, the book includes numerous interdisciplinary specialists forming an integrative approach to assessment, treatment, and program development for this population.

Although several authors have contributed to the book, the quality and style of writing remains consistently coherent, focused, and authoritative. Complex concepts and definitions are defined and explained depthfully. Chapter authors provide understandable and actionable clinical recommendations.

Overall, this is a valuable resource for students, clinicians, educators, and researchers from a variety of disciplines

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including clinical psychology, counseling psychology, developmental psychology, educational psychology, psychiatry, social work, education, and family or pediatric medicine. The authors show an unmistakable advocacy for the ASD community through their description of current science and established evidence-based practices. Practitioners will find

this book a versatile resource for many clinical issues and likely will repeatedly reach for it from their bookshelves.

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