



# How to Measure a Relationship: A practical approach to dyadic interventions

*Barbara Stroud*

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## **How to Measure a Relationship: A practical approach to dyadic interventions** Barbara Stroud

How to Measure a Relationship is the must have workbook for any service provider designing relationship-based goals and interventions for children birth to five years old. This text strategically walks the reader through the decision making steps to build developmentally focused goals and relationship-based interventions. Helpful charts and a useful decision tree lead to a user friendly high quality clinical tool for any level of provider. Dr. Stroud introduces the concept of the "Causal Rubric", which is a set of critical questions that informs clinicians how to navigate through a myriad of issues facing infants, toddlers, and their families, such as relationship dynamics, trauma, and developmental issues specific to the young child. "I have been waiting for a book like this since beginning graduate school! It clearly outlines and describes attachment-based concepts and goals for infants and preschool children. As a mental health clinician working with young children this book has helped me conceptualize and treatment plan quickly and with increased confidence. This book offers an excellent background for healthy development that all birth-to-five treatment providers can benefit from. I highly recommend this book to anyone working with infants and young children." Mental health services for infants and toddlers in the public sector funded by Medicaid funds is a relatively new phenomenon. Drawing down Medicaid funds for dyadic therapy makes services available to previously underutilized groups of children ages 0-5, particularly children in child welfare. Many publicly operated county mental health systems are seeking to train a strong workforce of mental health clinicians well prepared to provide services for children 0-5; furthermore, the number of children served by public mental health systems has grown by leaps and bounds. Dr. Stroud's book provides practical solutions to the challenges faced by clinicians new to the field of infant and early childhood mental health and working in the public sector .

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