

***Choosing What's Best for You:***  
***What scientists have found helps children and young people who are sad,  
worried or troubled***  
**Announcement of re-issue November 2007**

This booklet has been very well received, all the first run of hard copies have been taken up, and the CAMHS EBPU are in the process of organising a reprint. We have received many positive comments from both professionals and young people.

However, we knew from the start we had not set ourselves an easy task in trying to make the information "*Drawing on the Evidence*" accessible to children and young people and that translating from a document for professionals to one for service users would raise many challenges and involve many judgement calls. We encouraged people to send critiques, and are grateful to those who have taken the time to comment.

Most of the detailed critiques raised so far relate to choices we have made, such as about language used, or relate to information beyond the scope of "*Choosing...*", such as evidence for interventions not yet scientifically assessed or not included in "*Drawing on the Evidence*" itself. We have agreed to explore the possibility of collating these comments on the website [www.annafreud.org/ebpu](http://www.annafreud.org/ebpu) if the commentators will formulate them in clear child-friendly language so that all can access the important points raised. We are also looking at developing further resources to help provide more extensive information to children, young people and their families.

In addition to the more general points, a small number of specific issues have come to light during the process of translating *Drawing on the Evidence* into *Choosing...* After very careful consideration we feel this warrants reissuing the booklet (as "*November 2007*" edition) with these specific aspects clarified and/or amended. Please see the attached summary of the amendments made.

We are grateful to people for bringing these issues to our attention and feel the booklet will be strengthened by these clarifications. The November issue is now up on the website as a PDF and we are happy to make hard copies freely available to all those who have previously ordered copies.

We continue to welcome people's comments and feedback. We are particularly interested in people's experience of using the booklet, and if anyone would like to independently evaluate its use we would be very interested in any findings that arise. In **July 2008** we propose to undertake a review of *Choosing...* and how people have found it, so we would welcome any feedback by that point.

Miranda Wolpert, on behalf of the authors of *Choosing What's Best for You*  
November 2007

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**Summary of changes made following feedback on July 2007 edition**

**Conduct Disorder (p18)**

Re-grades systemic family therapy from three stars to two stars (a transcription error meant it went in with three stars earlier).

**Depression (p22)**

Includes psychodynamic psychotherapy rated with two stars (inadvertently omitted earlier).

**Self Harm (p20)**

Takes out problem solving as a separate entry (as already referred to as adjunct to family therapy and considered potentially misleading to have separate entry).

**Eating disorders (p24)**

Groups cognitive behavioural therapy, psychodynamic psychotherapy and interpersonal therapy all with one star (as all extrapolated from adult literature, and interpersonal therapy inadvertently omitted earlier).

Please also note that we took the opportunity to correct a couple of typographical errors.