



Book Review/Reseña de libro

Clinical Assessment of Children and Adolescents, by Nuria de la Osa and Miguel Ángel Carrasco. Hogrefe, 210 pp., 2025

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"Parenting, that close and loving relationship, enables the provision of the care needed throughout the stages of life so that every person can grow up physically and emotionally healthy, strong, and happy; can explore, play, and learn how to learn; and possesses the capacity to form meaningful relationships, work, and thrive." (UNICEF).

Professor F. López emphasized that all minors have needs inherent to the human species, which are universal among children. These needs are categorized into four major domains: physical needs (nutrition, sleep, rest), cognitive needs (stimulation, learning, and developing a positive view of the world and humanity), emotional needs (establishing secure and stable emotional bonds), and needs related to functioning and integration (in school, in the family, and ultimately, in society) (López, 2008).

However, not all children and adolescents reach an adequate level of development—many have unmet needs and do not receive the necessary care. On the contrary, the situation of children today shows worrying signs. Several reports suggest a rise in childhood difficulties (Casares et al., 2024; Morales et al., 2025; Rodríguez et al., 2024). In light of this, one might ask whether contemporary society—marked by constant change, instability, and the lack of strong and lasting structures, and described by Zygmunt Bauman as "liquid modernity"—is becoming the perfect storm for the emergence of these issues, including the growing over-pathologization of childhood.

At the core of this issue lies the concept of child and adolescent vulnerability: children and adolescents need a clear and effective response to the vulnerability they experience. Addressing the unresolved challenges of childhood—not only those stemming from clinical disorders, but also from psychosocial factors—requires a thorough understanding of what is happening. A precise and rigorous evaluation of the state of childhood is essential. These and other key issues are addressed in *Clinical assessment of children and adolescents: New contributions to research and practice*, a book authored by Professors NÚria de la Osa and Miguel Ángel Carrasco.

Dr. NÚria de la Osa Chaparro and Dr. Miguel Ángel Carrasco Ortiz are outstanding figures in the field of child and adolescent clinical psychology in Spain. Their distinguished careers have significantly advanced psychological assessment and diagnosis in youth populations. Both scholars exemplify the integration of clinical practice, academic teaching, and scientific research.

Clinical assessment of children and adolescents: New contributions to research and practice is a book providing an up-to-date, comprehensive, and evidence-based perspective on clinical assessment in childhood and adolescence. It stands out for combining both classical and contemporary assessment tools and methodologies, while addressing core aspects such as clinical judgment, case formulation, transdiagnostic approaches, and contextual factors (family, school, culture). It also includes chapters dedicated to evaluating therapeutic progress and working in specific contexts, such as neurodevelopmental disorders and cultural diversity. This book is essential for both practitioners and students seeking a practical, evidence-informed guide to the complex challenges of psychological assessment in children and adolescents.

The book combines the theoretical foundations of appropriate psychological evaluation with practical dimensions, including the therapist's skills for conducting assessments, illustrative clinical cases, such as Franka's, and key recommendations for conducting effective evaluations.

As Plato once stated, "Knowledge is true opinion." In this case, it is safe to say that this book represents genuine knowledge in the field of psychological assessment in children and adolescents—it is not mere opinion, but a substantiated understanding. May this work, as UNICEF advocates, help provide the necessary care for children and adolescents to grow up emotionally healthy and happy, grounded in the solid knowledge offered by the psychological assessment.

References

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