



# **Developmental Psychology for the Helping Professions: Evidence-Based Practice in Health and Social Care**

*Brian Sheldon*

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There is now a wealth of research on both the origins and nature of the problems that those in the health and social care field regularly face. The residual problem is the difficulty of implementing these findings in day-to-day practice. This book brings together biological, psychological and sociological research to offer practical and ethical approaches. Beginning with an account of the principles of evidence-based practice in health and social care, the book presents current evidence on the influence of genetic, epigenetic and environmental factors on behaviour, a survey of developmental factors from childhood to old age, and implications for practice at each stage.

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