

Modular Cbt For Children And Adolescents With Depression A Clinician's Guide To Individualized Treatment

Improving Access and Outcomes

A Practitioner's Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy

A Clinician's Guide to Individualized Treatment

Exposure Therapy for Treating Anxiety in Children and Adolescents

A Clinician's Toolkit

Evidence-Based Assessment and Treatment

The Big Book of ACT Metaphors

Anxiety Disorders in Children and Adolescents

Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder

Emotion Regulation in Children and Adolescents

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CBT Strategies for Anxious and Depressed Children and Adolescents

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A Guide for Students and Early Career Professionals

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A CBT Guide for Practitioners, Parents and Teachers

Cognitive-Behavior Therapy for Children and Adolescents

CBT Strategies for Anxious and Depressed Children and Adolescents

Cognitive-Behavioural Therapy for ADHD in Adolescents and Adults

A Treatment Manual

A Guide to Relapse Prevention

Cognitive-Behavioral Procedures

A Clinician's Toolkit

CBT for Depression in Children and Adolescents

On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance

Evidence-Based CBT for Anxiety and Depression in Children and Adolescents

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Improving Access and Outcomes Guilford Publications

Widely regarded as the definitive clinical reference and text in the field, this authoritative volume presents effective cognitive-behavioral approaches for treating frequently encountered child and adolescent disorders. The editor and contributors are leading experts who provide hands-on, how-to-do-it descriptions illustrated with clinical examples. Relevant theories and research findings are explained, and exemplary treatment manuals and client workbooks reviewed. Coverage encompasses evidence-based treatments for aggression, attention-deficit/hyperactivity disorder, anxiety disorders, depression and suicidality, obsessive-compulsive disorder, eating disorders, and trauma. Ways to involve parents in treatment are addressed throughout. New to This Edition*Presents advances in conceptualizing and treating specific clinical problems.*Up-to-date information on treatment manuals and outcome research.*Chapters on additional therapies: modular treatments, dialectical behavior therapy, and mindfulness-based interventions.

A Practitioner's Guide to Experiential Exercises and Metaphors in Acceptance and Commitment Therapy Guilford Publications

Anxiety in Children and Adolescents with Autism Spectrum Disorder: Evidence-Based Assessment and Treatment begins with a general overview of the history of research on anxiety in ASD and the path towards evidence-based assessment and treatment methods. Thereafter, chapters focus on the nature of ASD and anxiety comorbidity, the assessment of anxiety in ASD, and its treatment. Later chapters are devoted to future directions for research on this topic, including a discussion of anxiety assessment and treatment for adults and minimally verbal individuals. Anxiety disorders in children with autism spectrum disorder (ASD) can cause substantial distress and impairment over and above that caused by ASD alone. Emerging research on genetic, psychological, psychophysiological, and psychometric aspects of ASD establish anxiety as a valid and necessary treatment target in this population. This book is designed to help a broad array of providers who work with children with ASD understand cutting-edge, empirically supported treatments for anxiety, including specific treatment plans and strategies. Presents a balanced discussion of the scientific literature on anxiety in ASD Provides a pragmatic, clinically applied focus that gives readers a 'how-to' guide for the treatment of anxiety in ASD Considers the distinct ways in which anxiety presents in children and adolescents with ASD and the challenges this presents to assessment and treatment Examines emerging areas of anxiety assessment and treatment research in ASD

A Clinician's Guide to Individualized Treatment John Wiley & Sons

Modular CBT for Children and Adolescents with Depression A Clinician's Guide to Individualized Treatment New Harbinger Publications

Exposure Therapy for Treating Anxiety in Children and Adolescents Humana

Emotion regulation difficulties are central to a range of clinical problems, yet many therapies for children and adolescents lack a focus on emotion and related skills. In a flexible modular format, this much-needed book presents cutting-edge strategies for helping children and adolescents understand and manage challenging emotional experiences. Each of the eight treatment modules can be used on its own or in conjunction with other therapies, and includes user-friendly case examples, sample dialogues, and engaging activities and games. Emotion-informed assessment and case conceptualization are also addressed. Reproducible handouts can be downloaded and printed in a convenient 8 1/2" x 11" size.

A Clinician's Toolkit Cambridge University Press

This book outlines a new cognitive-behavioral treatment for patients of all age groups with Avoidant/Restrictive Food Intake Disorder.

Evidence-Based Assessment and Treatment Guilford Press

"Providing a wealth of practical interventions and activities - all organized within a state-of-the-art modular framework - this invaluable book helps child clinicians expand their intervention toolkits. Building on the bestselling *Clinical Practice of Cognitive Therapy with Children and Adolescents*, which addresses the basics of treatment, Friedberg et al., in their latest volume, provide additional effective ways for engaging hard-to-reach clients, addressing challenging problems, and targeting particular cognitive and behavioral skills. Fun and productive games, crafts, and other activities are described in step-by-step detail. Special features include over 30 reproducible forms and handouts, which bookbuyers can also download and print from Guilford's website in a convenient full-page size."--Pub. desc.

The Big Book of ACT Metaphors John Wiley & Sons

Rutter's *Child and Adolescent Psychiatry* is the leading textbook in its field. Both interdisciplinary and international, it provides a coherent appraisal of the current state of the field to help researchers, trainees and practicing clinicians in their daily work. Integrating science and clinical practice, it is a comprehensive reference for all aspects of child and adolescent psychiatry. New to this full color edition are expanded coverage on classification, including the newly revised Diagnostic and Statistical Manual of Mental Disorders (DSM-5), and new chapters on systems neuroscience, relationship-based treatments, resilience, global psychiatry, and infant mental health. From an international team of expert editors and contributors, this sixth edition is essential reading for all professionals working and learning in the fields of child and adolescent mental health and developmental psychopathology as well as for clinicians working in primary care and pediatric settings. Michael Rutter has contributed a number of new chapters and a Foreword for this edition: "I greatly welcome this new edition as providing both a continuity with the past and a substantial new look." —Professor Sir Michael Rutter, extract from Foreword. Reviews of previous editions: "This book is by far the best textbook of Child & Adolescent Psychiatry written to date." —Dr Judith Rapoport, NIH "The editors and the authors are to be congratulated for providing us with such a high standard for a textbook on modern child psychiatry. I strongly recommend this book to every child psychiatrist who wants a reliable, up-to-date, comprehensive, informative and very useful textbook. To my mind this is the best book of its kind available today." —Journal of Child Psychology and Psychiatry

Anxiety Disorders in Children and Adolescents Guilford Publications

"The treatment in this book helps to ease the suffering of people with social anxiety disorder by helping them to abandon the psychological factors that maintain their constant expectation of social catastrophe, while allowing them to retain the wonderful personal qualities they have that facilitate genuine and fulfilling relationships. Cognitive behavior therapy has been shown to be very helpful for SAD over many research trials with severe and complex clients. Imagery-based CBT "enhances" traditional approaches by emphasizing the benefits of facilitating cognitive and emotional change via the imagery mode. Multisensory imagery is highly emotionally evocative. Clients are encouraged to incorporate vivid, multisensory imagery into every aspect of the treatment in this book"--

Cognitive-Behavioral Therapy for Avoidant/Restrictive Food Intake Disorder John Wiley & Sons

The Science of Cognitive Behavioral Therapy describes the scientific approach of CBT, reviews the efficacy and validity of the CBT model, and exemplifies important differences and commonalities of CBT approaches. The overarching principle of CBT interventions is that cognitions causally influence emotional experiences and behaviors. The book reviews recent mediation studies, experimental studies, and neuroimaging studies in affective neuroscience that support the basic model of CBT, as well as those that clarify the mechanisms of treatment change. Additionally, the book explains the interplay of cognition and emotion in CBT, specifies the treatment goals of CBT, discusses the relationship of cognitive models with medical models and associated diagnostic systems, and provides concrete illustrations of important general and disorder-specific considerations of CBT. Investigates the scientific foundation of CBT Explores the interplay of emotion and cognition in CBT Reviews neuroscience studies on the mechanisms of change in CBT Identifies similarities and differences in CBT approaches for different disorders Discusses CBT extensions and modifications Describes computer assisted applications of CBT

Emotion Regulation in Children and Adolescents Humana

Offering vital tools for working with 4- to 18-year-olds in a wide range of settings, this book presents engaging cognitive-behavioral therapy (CBT) activities that can be implemented rapidly and flexibly. Concise chapters guide the provider to quickly identify meaningful points of intervention for frequently encountered clinical concerns, and to teach and model effective strategies. Each intervention includes a summary of the target age, module, purpose, rationale, materials needed, and expected time for completion, as well as clear instructions and sample dialogues and scripts. In a convenient large-size format, the book features helpful graphics and 77 reproducible handouts and worksheets in the form of Handy and Quick (HQ) Cards. Purchasers get access to a Web page where they can download and print the reproducible materials.

Cognitive Behavioral Therapy in Youth: Tradition and Innovation Guilford Publications

In a large-size format for easy photocopying, this book provides 167 engaging full-color reproducible tools for use in cognitive-behavioral therapy (CBT) with 7- to 18-year-olds. Beautifully designed handouts and worksheets are presented for each phase of treating anxiety and depression, organized in a state-of-the-art modular framework that encourages therapeutic flexibility. Introductions to each module offer vital clinical pointers and describe when and how to use the various forms, illustrated with vivid case examples. The authors provide tips for sequencing treatment, troubleshooting common difficulties, and addressing developmental and cultural considerations. Purchasers get access to a Web page where they can download and print the reproducible handouts and worksheets.

Rutter's Child and Adolescent Psychiatry Modular CBT for Children and Adolescents with Depression A Clinician's Guide to Individualized Treatment

Cognitive-Behavioral Therapy (CBT) is an efficacious psychosocial treatment initially developed for adults; however, it is now widely recognized as an empirically supported treatment for a variety of presenting problems in children and adolescents (Seligman & Ollendick, 2011). CBT is known to revolutionize delivery methods and adapt to non-traditional settings (Friedberg et al., 2014). CBT interventions need to be developmentally appropriate, appealing, and emphasize experiential learning in order to be user-friendly for youth (Friedberg et al., 2014). A modular CBT format has gained prominence for its flexibility, efficiency, personalized treatment approach, and firmly established techniques for different disorders (Comer, Elkins, Chan, & Jones, 2014). Bibliotherapy is a cost-effective and developmentally sensitive strategy to deliver modular CBT to youth; however, currently this field lacks a scientific framework (Pehrsson & McMillen, 2010). The present study sought to design a modular CBT rating scale for children's storybooks that target clinical issues. A standardized rubric was created to evaluate the CBT-content of children's therapeutic storybooks. Two clinical psychology doctoral students were recruited and trained on the administration of the CBT rating scale. The raters were to rate ten children's storybooks on the six modules of the CBT rubric: psychoeducation, self-monitoring, behavioral techniques, cognitive restructuring, behavioral experiments/exposure, and cultural elements. The interrater reliability and the clinical utility of the CBT rating scale was assessed with the descriptive statistic, Cohen's Kappa. The overall Kappa computed across the six CBT domains for the ten storybooks was statistically significant. However, there was a decline in rater agreement following training. Although this preliminary study suggests that the CBT rubric is a sufficient tool for quantifying CBT elements of children's storybooks, it is recommended that the CBT rating scale would clarify module categories and criteria, refine training procedures, include a larger sample size of storybooks and raters. By developing a scientific framework to evaluate bibliotherapy, the type, amount, and quality of CBT content in children's storybooks can be established. This can allow the development of guidelines on how to select and recommend CBT consistent storybooks that are appropriate for a child's clinical needs. Most importantly, in the future, researchers can determine the therapeutic effects of storybooks as a CBT intervention.

Practicing Cognitive Behavioral Therapy with Children and Adolescents Routledge

Written by a team of clinicians specializing in the treatment of children and adolescents, this professional guide offers a comprehensive, practical resource for implementing exposure therapy when treating children and adolescents with anxiety. Each chapter is devoted to tailoring exposure work to a specific anxiety-related condition, such as separation anxiety, phobias, panic, social anxiety, and more, using a variety of creative exposure ideas and activities. In *Exposure Therapy for Treating Anxiety in Children and Adolescents*, you'll find detailed hierarchies and clinical suggestions for treating each specific childhood anxiety condition, including separation anxiety, school refusal, selective mutism, specific phobia, generalized anxiety, panic disorder, social anxiety, obsessive compulsive disorder (OCD), and emotion tolerance. The book also offers an overview of exposure therapy and its implementation in children and adolescents, including a review of current research and empirical findings on this approach. With this book, you'll also find solid strategies for conducting detailed clinical assessments, so you can gain a greater understanding the specific anxiety triggers and factors that play a role in the development of and maintenance of the child's problem, and learn how this information can be used to guide you in your development of specific exposure exercises. Finally, you'll find tips on how to assess for family variables that may contribute to the maintenance of the child's condition, as well as ways to work with parents in becoming effective coaches for their children during exposure-based activities. Children are vastly different than adults in their treatment needs and in the process through which effective therapy is implemented. If you're looking for clear, practical guidelines for designing, adapting, and implementing specific exposure exercises for your young clients, this book provides everything you need in one place.

The Science of Cognitive Behavioral Therapy Routledge

This timely book uniquely addresses the application of CBT to children and young people within health, school and community contexts. With the recent expansion of increasing access to psychological therapies (IAPT) CBT is increasingly applied to work with children outside the traditional therapy clinic. This book provides accessible knowledge and practice skills for professional staff working with troubled children and young people in real-world settings. Taking into consideration complex difficulties that do not always fit fixed length treatments, the authors take a much-needed realistic approach to applying CBT to childhood problems. This is relevant and accessible reading for a wide range of specialist child trainees and practitioners, including new IAPT therapists, counsellors, nurses, teachers and social workers. Peter Fuggle, Sandra Dunsmuir & Vicki Curry are co-Directors of the UCL accredited Certificate, Diploma & Masters course on Cognitive Behaviour Therapy and other outcomes based interventions (CBTOBI) delivered at the Anna Freud Centre in London.

Handbook of Child and Adolescent Group Therapy Cambridge University Press

The book collates the latest innovations in cognitive behavioral therapy for child and adolescent anxiety disorders, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD).

Pediatric Anxiety Disorders Guilford Press

Mental health disorders are common in youth, impacting up to 1 in 5 children and adolescents. Typically, mental health difficulties result in impaired functioning and lower quality of life for both youth and their families. Fortunately, there are psychosocial treatments for the mental health needs of youth that have earned the "evidence-based" label. However, these treatments are not widely available, and it is estimated that it can take up to 17 years for them to be transported into community settings. As a result, a new field of dissemination and implementation (DI) science has emerged to address this problem. Dissemination refers to the transfer of information about evidence-based practices to community settings, and implementation refers to active strategies to assist adoption of evidence-based practices in community settings. *Dissemination and Implementation of Evidence-Based Practices in Child and Adolescent Mental Health* is the first book to bring together the world's foremost experts in implementation science and evidence-based practices for youth to provide the latest findings around DI for children and adolescents. Chapters provide comprehensive coverage of the science of dissemination and implementation across contexts, disorders, and international perspectives. This volume will be an essential resource to implementation scientists and scholars, instructors in doctoral-level training programs, and graduate students, as well as policymakers, community

mental health clinicians and administrators, school administrators, researchers, and other mental health professionals.

A Practitioner's Guide New Harbinger Publications

Treating adolescents with depression is challenging. This breakthrough book offers a new, cutting-edge treatment for children and teens with depression using a modular cognitive behavioral therapy (CBT) approach. Modular CBT for Depressed Children and Adolescents offers a user-friendly, step-by-step transdiagnostic approach to help you treat youths whose depression presents in diverse ways. This manual offers a compelling rationale for using modular cognitive behavioral therapy (CBT), a brief overview of the limitations in community mental health that led to the development of the modular approach, distinctions from standard CBT, and a review of the current research supporting the effectiveness of this treatment. Guided by innovative research and best practices, this book provides practical steps for creating a personalized treatment approach for each client that incorporates safety needs, symptoms presentation, etiology, cultural and spiritual background, and family factors. You will also find tools to create a pragmatic conceptualization that can be coupled with the specialized treatment interventions of modular CBT. If you are looking for a detailed, session-by-session treatment program that includes specific instructions on how to use the modular approach to meet the individualized needs of your clients, this book will be your guide.

CBT Strategies for Anxious and Depressed Children and Adolescents Academic Press

Despite the availability of effective treatments for child and adolescent depression, relapse rates in this population remain high. This innovative manual presents an evidence-based brief therapy for 8- to 18-year-olds who have responded to acute treatment but still have residual symptoms. Each session of relapse prevention cognitive-behavioral therapy (RP-CBT) is illustrated in step-by-step detail, including focused techniques for

promoting and sustaining well-being, supplemental strategies for tailoring treatment to each individual's needs, and ways to involve parents. In a convenient large-size format, the book features 51 reproducible handouts and forms. Purchasers get access to a Web page where they can download and print the reproducible materials.

Cognitive Behavioral Therapy in Youth: Tradition and Innovation Academic Press

This clinically wise and pragmatic book presents a systematic approach for treating any form of childhood anxiety using proven exposure-based techniques. What makes this rigorously tested modular treatment unique is that it is explicitly designed with flexibility and individualization in mind. Developed in a real-world, highly diverse community mental health context, the treatment can be continually adjusted to target motivational problems, disruptive behavior, family issues, and other frequently encountered clinical roadblocks. In a large-size format for easy photocopying, the book includes a detailed case formulation framework, a flexible treatment planning algorithm, and over 90 pages of user-friendly reproducibles.

Cognitive Therapy Techniques for Children and Adolescents New Harbinger Publications

This handbook describes in detail different contemporary approaches to group work with children and adolescents. Further, this volume illustrates the application of these models to work with the youth of today, whether victims of trauma, adolescents struggling with LGBT issues, or youth with varying common diagnoses such as autism spectrum disorders, depression, and anxiety. It offers chapters presenting a variety of clinical approaches written by experts in these approaches, from classic (play therapy and dialectical behavior therapy) to cutting-edge (attachment-based intervention, mindfulness, and sensorimotor psychotherapy). Because of its broad scope, the book is suitable for a wide audience, from students to first-time group leaders to seasoned practitioners.

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