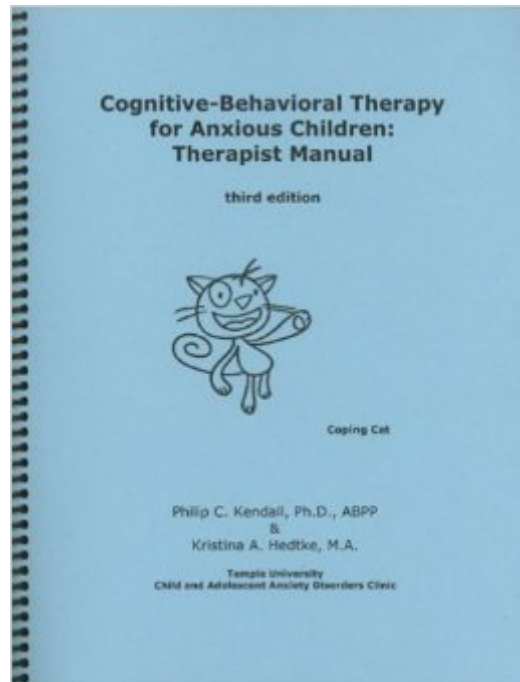


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# Cognitive-Behavioral Therapy For Anxious Children: Therapist Manual, Third Edition



## Synopsis

This therapist manual provides an overview of the general strategies used in the treatment of anxiety in children. The treatment manual is coordinated with the revised Coping Cat Workbook by the same authors; There is a chapter devoted to each of the sixteen therapy sessions that appear in the Coping Cat Workbook; with explanations of and a rationale for the activities. Of applied interest, practicing therapists have provided tips for the newer therapist working with the anxious youth. Also provided is a description of strategies for dealing with potential difficulties (e.g., noncompliance).

## Book Information

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## Customer Reviews

This book is excellent for therapists that practice cognitive behavioral techniques. It is easy to follow and has clear suggestions that are easily incorporated into practice.

Cognitive behavioral therapy (CBT) has excellent data for efficacy in pediatric anxiety disorders. The Coping Cat method developed by Dr. Kendall is the one used in the majority of studies. This is the Coping Cat manual, very quick to read and well structured.

Great manual for new practitioners. I would say that it is best for middle childhood. Like the flexibility the manual offers.

It's a tried and true approach to structured cbt sessions with kids and it still holds up, as long as you

are able to modify the techniques appropriately for the number of sessions you have with a given pt (16 is not always feasible).

This is the therapist's manual to the Coping Cat manual. It is broken down by session number and helps you prepare for the next session. It includes tips from other clinicians. It suggests activities, but does not closely follow the activities in the actual Coping Cat manual. As an intern using a manualized treatment for the first time, I appreciate the easy and quick read and it helps me feel that I have a good working plan for my patient.

Excellent content when in use with client workbook. Material has been beneficial for every child I have used it with. Would have given five stars but the physical quality of the books is lacking. A welcome addition to my working library.

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