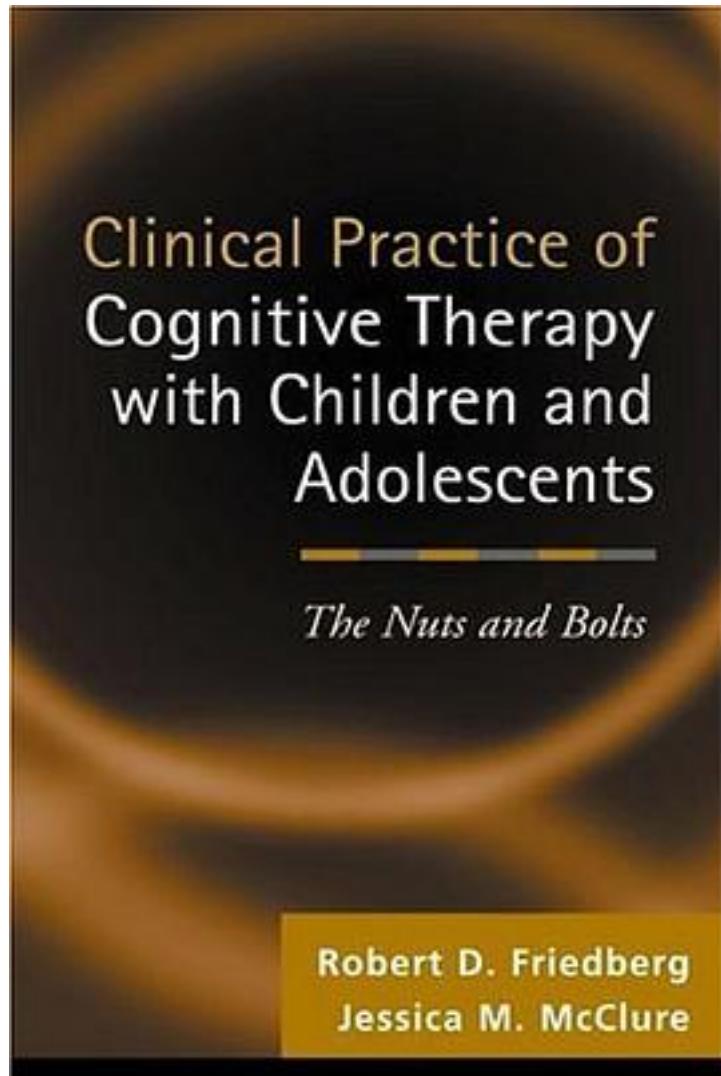


Clinical Practice of Cognitive Therapy with Children and Adolescents



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This lively, practical book offers a complete guide to doing cognitive therapy with children and adolescents. Within a clear theoretical framework, the authors describe how to adapt cognitive therapy principles and procedures to the unique needs of distressed children and their parents. The book starts with the fundamentals, demonstrating a clear-cut yet flexible approach to case conceptualization and treatment planning. Detailed guidelines are then presented to help the clinician introduce cognitive therapy to children and families; identify problems, feelings, and thoughts; craft Socratic dialogues; design homework assignments; and implement a range of traditional and creative interventions. Concluding chapters focus explicitly on techniques for managing depression, anxiety, and disruptive behavior in youth. Devoting special attention to cultural diversity issues, the book is filled with illustrative case examples and session vignettes. Included are over a dozen useful reproducible worksheets and forms.

作者介绍:

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