

The Coping Cat Workbook

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NotebookBrief Coping CatThe School Services SourcebookCoping Cat Therapist
ManualAnxiety Disorders in Children and AdolescentsBrief Coping CatThe School
Practitioner's Concise Companion to Mental HealthCognitive-behavioral Therapy for
Anxious ChildrenThe School Services Sourcebook, Second EditionTreatment of
Disorders in Childhood and Adolescence, Fourth EditionCognitive-behavioral Therapy
for Anxious ChildrenCoping Cat Parent CompanionHandbook of Serious Emotional
Disturbance in Children and AdolescentsThe C.A.T. Project WorkbookHandbook of
Psychological Assessment, Case Conceptualization, and Treatment: Children and
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presents 16 sessions and activities for children to practice recognizing feelings and
physical reactions to anxiety in different situations

empirically supported cbt to reduce anxious distress in youth this newest edition is a
colorful revision of the original coping cat workbook by philip kendall that has been in
use since 1992 sixteen therapy sessions promote coping skills for dealing with anxiety

the program can be adapted for use with individual youth or with groups appendices include situation cards with three levels of difficulty a feelings barometer as well as other cut outs and a certificate of achievement 126 pages

this comprehensive sourcebook covers every aspect of school service delivery arming practitioners with the nuts and bolts of evidence based practice each of the 114 chapters serves as a detailed intervention map beginning with a summary of the problem area and moving directly into step by step instructions on how to implement an evidence based program with distinct goals in mind and methods to measure the outcome school based professionals in need of ready access to information on mental health disorders developmental disabilities health promotion child abuse dropout prevention conflict resolution crisis intervention group work family interventions culturally competent practice policy ethics legal issues community involvement accountability and funding can now find high quality and easy to implement strategies at their fingertips a concise user friendly format orients readers to each issue with a getting started section then moves smoothly into what we know what we can do tools and practice examples and points to remember quick reference tables and charts highlight the most important information needed for daily reference and lists of further reading and resources guide readers in gathering additional information to tailor their practice to suit their students needs each chapter has been specifically crafted by leaders in their fields with the ultimate goal of giving school based practitioners the tools they need to deliver the best mental health and social services possible to students families and communities this is a must have reference for all school based social workers psychologists counselors mental health professionals and educators

the fourth edition applies new colorful artwork to the same empirically supported coping cat program 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 it features tips for not only practicing therapists but also the newer therapist working with the anxious youth also provided is a description of strategies for dealing with potential difficulties e g noncompliance age 7 13 90 pages isbn 979 8 9925684 4 8 2025

now in a fully revised and updated second edition this landmark work brings together leading experts to comprehensively examine all aspects of childhood onset anxiety disorders the volume presents the major theoretical perspectives currently informing research and clinical practice reviews key issues in assessment and diagnosis and marshals the latest findings on each disorder and its treatment all chapters in the second edition have been extensively rewritten to reflect significant advances in theory and research including the results of controlled treatment studies important new chapters have been added on behavioral genetics combined cognitive behavioral therapy and pharmacotherapy and prevention additionally separate chapters now cover several disorders that were previously addressed in less depth generalized anxiety

disorder specific phobias separation anxiety and panic

here readers will find an overview of adolescent mental health disorders and step by step guidelines for intervening effectively the book covers ten major mental health issues as well as strategies for working with co occurring disorders and managing psychopharmacological treatments

a state of the art revision of the sourcebook that is a must have for all school based social workers counselors and mental health professionals

now completely revised over 90 new this definitive practitioner reference and course text comprehensively reviews evidence based treatments for psychological disorders in children and adolescents the significantly expanded fourth edition covers an increased number of disorders as well as transdiagnostic issues and public health concerns psychosocial pharmacological and complementary therapies are identified and described in well organized chapters that include rich clinical illustrations prominent experts address developmental considerations in treatment and offer guidance for tailoring interventions to each child and family s needs prior edition title treatment of childhood disorders third edition edited by eric j mash and russell a barkley new to this edition all chapters are new reflecting over a decade of clinical and empirical developments chapters on additional clinical issues bipolar disorder suicidal and nonsuicidal self injury obsessive compulsive disorder infant and toddler problems posttraumatic stress disorder coping and emotion regulation bereavement early onset schizophrenia personality disorders childhood obesity and sleep problems chapters on case conceptualization and evidence based therapist flexibility illustrative case examples and transcripts added throughout updated for dsm 5 every chapter also considers transdiagnostic and dimensional issues see also the editors assessment of disorders in childhood and adolescence fifth edition

the 2nd edition of the parent companion is the same empirically supported resource for parents or caregivers of youth participating in the coping cat program for anxiety however this edition features updated artwork engaging colorful text the parent companion informs parents or caregivers about the experiences their child will have as they complete the program it provides information about the nature of anxiety about its treatment and about the ways that parents may be involved in their child s treatment specifically this resource includes information about identifying somatic responses to anxiety changing anxious thinking using relaxation engaging in problem solving and approaching rather than avoiding anxiety provoking situations 39 pages isbn 979 8 9925684 3 1 2025

the only comprehensive work on sed with practical information on diagnosing and treating children with sed features contributions by leading experts of sed research and practice includes a foreword by kay jamison a nationally recognized author on mental illness

presents sessions lessons and take home activities for teens with anxiety in order to examine the emotions and physical feelings that occur in different situations

handbook of psychological assessment case conceptualization and treatment provides in two volumes comprehensive coverage of the fundamentals of psychological practice across the age spectrum and features contributions from leading international researchers and professionals this book gathers contributions from leading international scholars and practitioners to present the latest evidence based findings regarding best practices for a number of prevalent dsm disorders and other issues facing individuals of all ages as well as special groups

this handbook offers mental health professionals clear detailed guidelines for conducting effective treatment procedures for children and adolescents suffering from anxiety disorders

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