Parents can play a strong role in helping their children overcome anxiety disorders—given the right tools. This innovative, research-based book shows clinicians how to teach parents cognitive-behavioral therapy (CBT) techniques to use with their 5- to 12-year-old. Session-by-session guidelines are provided for giving parents the skills to promote children’s flexible thinking and increasing their ability to think about the environment in a helpful way. A group component is included to accommodate specific family concerns such as phobias, school refusal, or thinking about the events that caused your post-traumatic stress disorder (PTSD)? If so, you’re not alone. Changing behavior in an attempt to avoid thinking or confronting things that are uncomfortable is a common symptom of anxiety, depression, PTSD, and related conditions. With this guide, you’ll develop skills based in transdiagnostic behavior therapy (TBT), an evidence-based protocol designed to help you identify and overcome the avoidance and isolation issues associated with depression, anxiety, and PTSD. You’ll also learn how to safely and gradually implement therapeutic techniques that will result in reduced symptoms and improved confidence. If you’re tired of hiding from difficult thoughts, emotions, and situations, this book will help you break the avoidance cycle at the heart of your disorder. It’s time to stop running from the life you want and start developing the effective coping skills you need to face life’s challenges with courage and confidence.

This program is an evidence based intervention for behavioral in pre-adolescent children (grades 5 and 6). Continuing the work of the Fast Track Program, currently under contract, this intervention targets children who are beginning to show signs of severe aggression and social dysfunction at school. Children who begin to exhibit aggression as pre-adolescents are much more likely to have histories of substance abuse, intimate partner violence, and criminal behavior in their adolescence. By targeting these children before their behavior has become extremely dangerous or unmanageable, this program has been proven to reduce the occurrence of these problems, and improve functioning in school. Studies have shown that children who demonstrate aggressive behaviors have maladaptive coping skills and misperceptions of conflict or threat. This program teaches positive strategies for coping with perceived anxiety or threat, as well as an understanding of the participant’s feelings and motivations behind inappropriate behaviors. The Coping Power program involves an intervention with aggressive children and a simultaneous program for their parents, to increase positive motivations at home as well as at school. The facilitator’s guides include step-by-step instructions for accurately implementing this evidence-based program. This is the corresponding workbook for parents which includes worksheets and monitoring forms to track progress and reinforce the skills learned in the group sessions.

A teen version of the #1 Bestselling Coping Skills for Kids Workbook, this version is written specifically with a tween/teen audience (age 11+) in mind. There are 60 coping strategies included in the book, and it’s divided into Coping Styles to make searching for a coping skill easier. This book also includes several pages to support teens as they work on their coping skills, including: Feelings Tracker Worksheet Identifying Triggers and Making a Plan Positive to Negative Thoughts Worksheet Journal Pages Wellness Worksheets, including a Self-Care PlanThere’s also a rich resource section full of apps, books, card decks, and other resources to help teens deal with stress, anxiety and anger.

Celebrating 30 years as a classic in its field and recommended by therapists worldwide, The Anxiety and Phobia Workbook is an unparalleled, essential resource for people struggling with anxiety and phobias. Living with anxiety, panic disorders, or phobias can make you feel like you aren’t in control of your life. Tackle the fears that hold you back with this go-to guide. Packed with the most effective skills for assessing and treating anxiety, this evidence-based workbook contains the latest clinical research. You’ll find an arsenal of tools for quieting worry, ending negative self-talk, and taking control of your anxious thoughts, including: Relaxation and breathing techniques New research on exposure therapy for phobias Lifestyle, exercise, mindfulness and nutrition tips Written by a leading expert in cognitive behavioral therapy (CBT), this fully revised and updated seventh edition offers powerful, step-by-step treatment strategies for panic disorders, agoraphobia, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), worry, and fear. You will also find new information on relapse prevention after successful treatment, and updates on medication, after derivatives, ketamine, exposure, nutrition, spirituality, the latest research in neurobiology, and more. Whether you suffer from anxiety and phobias yourself, or are a professional working with this population, this book provides the latest treatment solutions for overcoming the fears that...
stand in the way of living a meaningful and happy life. This workbook can be used on its own or in conjunction with therapy.

Research conducted by the National Institute of Mental Health has shown that anxiety disorders are the number one mental health problem among American women and are second only to alcohol and drug abuse among men. Approximately 15 percent of the population of the United States, or nearly 40 million people, have suffered from panic attacks, phobias, or other anxiety disorders in the past year. Nearly a quarter of the adult population will suffer from an anxiety disorder at some time during their life. Yet only a small proportion of these people receive treatment. It is quite possible to overcome your problem with panic, phobia, or anxiety on your own through the use of the strategies and exercises presented in this workbook. Yet it is equally valuable and appropriate, if you feel so inclined, to use this book as an adjunct to working with a therapist or group treatment program.

An innovative and customizable 8-week plan to help you take control of your eating habits—once and for all. Do you feel like your eating gets out of control? When it comes to food, does it feel like your life is controlled by cycles of deprivation and bingeing? Whether or not you’ve been formally diagnosed with a binge-eating disorder, you know that something needs to change. But like many disorders, what helps one person may not help another. That’s why The Binge Eating Prevention Workbook offers a wide range of evidence-based tools to help you take charge of your eating habits. Using the eight-week protocol in this workbook, you’ll learn how to recognize your triggers, cope with difficult emotions, improve relationships, and make healthy food choices that will ultimately improve how you feel. You’ll learn to understand the underlying causes of your binge eating, how to recognize binge-inducing environmental factors, why dieting just doesn’t work, and mindfulness techniques to help you stay present when the urge to binge takes hold. If you’re ready to break the shame-filled cycle of binge eating, this workbook has everything you need to get started today.

Treatment manual describing a 16-session program for the treatment of anxiety disorders, specifically generalized anxiety disorder, social phobia, and separation anxiety disorder, in children and young adolescents. Treatment’s goal is to teach children to recognize signs of unwanted anxious arousal and to follow that recognition with the use of anxiety management strategies.

Overcome anxiety, fear, and worry—and start living the life you want. If you suffer from an anxiety disorder, you aren’t alone. Anxiety is at epidemic levels. Fortunately, there are effective—and fast—techniques you can use to break free from worry and get back to the things that matter to you. This workbook offers a comprehensive collection of simple treatment strategies to help get you started. In The Anxiety Skills Workbook, you’ll find tons of tips and tricks for managing your anxiety and worry using cognitive behavioral therapy (CBT) and mindfulness. Based on the evidence-based treatment model developed at the Center for Anxiety andRelated Disorders at Boston University—one of the premier anxiety centers in the world—this book will help you understand and effectively deal with anxiety and worry anytime, anywhere. The unique “module” format of this workbook allows you to focus on anxiety and worry patterns. While it is recommended that you take a chronological path through the material, the pacing and length of each module allows for flexibly adapting to your individual needs. In other words, you can use this book however you like—whether that means starting at the beginning, middle, or end. Choose what works for you. With this unique workbook, you’ll learn better ways to cope with your anxiety, so you can get back to living your life.

Those affected by complex PTSD commonly feel as though there is something fundamentally wrong with them— that somewhere inside there is a part of them that needs to be fixed. Though untrue, such beliefs can feel extremely real and frightening. Difficult as it may be, facing one’s PTSD from unresolved childhood trauma is a brave, courageous act — and with the right guidance, healing from PTSD is possible. Clinical psychologist Dr Arielle Schwartz has spent years helping those with C-PTSD find their way to wholeness. She also knows the territory of the healing firsthand, having walked it herself. This book provides a map to the complicated, and often overwhelming, terrain of C-PTSD with Dr. Schwartz’s knowledgeable guidance helping you find your way. In The Complex PTSD Workbook, you’ll learn all about C-PTSD and gain valuable insight into the types of symptoms associated with unresolved childhood trauma, while applying a strength-based perspective to integrate positive beliefs and behaviours. Examples and exercises through which you’ll discover your own instances of trauma through relating to PTSD experiences other than your own, such as the following: * Information about common PTSD misdiagnoses such as bipolar disorder, ADHD, anxiety disorders, major depressive disorder, and substance abuse, among others. * Explorations of common methods of PTSD therapy including somatic therapy, EMDR, CBT, DBT, and mind-body perspectives. * Chapter takeaways that encourage thoughtful consideration and writing to explore how you feel as you review the material presented in relation to your PTSD symptoms. The Complex PTSD Workbook aims to empower you with a thorough understanding of the psychology and physiology of C-PTSD so you can make informed choices about the path to healing that is right for you and discover a life of wellness, free of C-PTSD, that used to seem just out of reach.

Help your child identify, understand, and take control of their feelings with the kid-friendly cognitive behavioral therapy and self-regulation exercises in this easy-to-use workbook. When children have difficulty self-regulating, it can make it harder for them to get along with peers and family members, hurt their academic achievement, and inhibit their ability to complete activities of daily living. That’s where this book comes in. In this evidence-based workbook, the reader follows the journey of a child just like them—who experiences all kinds of emotions and thoughts and learns how to take control of them. The Self-Regulation Workbook for Kids allows kids to explore and express their feelings, guided by a relatable character and reinforced through interactive worksheets and proven exercises. The CBT-based activities and advice in this workbook will empower children with concrete coping skills and techniques that they can return to each and every time they start to feel upset or stressed.

"Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies. includes introduction for parents"—Provided by publisher.

From managing social media stress to dealing with pandemics and other events beyond your control, this fully revised and updated edition of The Anxiety Workbook for Teens has the tools you need to put anxiety in its place. In our increasingly uncertain world, there are plenty of reasons for anyone to feel anxious. And as a teen, you’re also dealing with academic stress, social and societal pressures, and massive changes taking place in your body, brain, and emotions. The good news is that there are a lot of effective techniques you can use—both on your own and with the help of a therapist or counselor—to reduce your feelings of anxiety and keep them from taking over your life. Now fully revised and updated, this second edition of The Anxiety Workbook for Teens provides the most up-to-date strategies for managing fear, anxiety, and worry, so you can reach your goals and be your best. You’ll find new skills to help you handle school pressures and social media overload, develop a positive self-image, recognize your anxious thoughts, and stay calm in times of extreme uncertainty. The workbook also includes resources for seeking additional help and support if you need it. While working through the activities in this book, you’ll find tons of ways
to help you both prevent and handle your anxiety. Some of the activities may seem unusual at first. You may be asked to try doing things that are very new to you. Just remember—these are tools, intended for you to carry with you and use over and over throughout your life. The more you practice using them, the better you will become at managing anxiety. If you’re ready to change your life for the better and get your anxiety under control, this workbook can help you start today. In these increasingly challenging times, teens need mental health resources more than ever. With more than 1.6 million copies sold worldwide, Instant Help Books for teens is easy to use, proven-effective, and recommended by therapists.

The mhGAP Intervention Guide (IG) is a clinical guide on mental neurological and substance use disorders for general health care workers who work in non-specialized health care settings particularly in low- and middle-income countries. These health care workers include general physicians family physicians nurses and clinical officers. The mhGAP programme provides a range of tools to support the work of health care providers as well as health policy makers and planners The proposed guide is an adaptation of the mhGAP Intervention Guide to be used in humanitarian settings. These settings include a broad range of acute and chronic emergency situations arising from armed conflicts natural disasters and industrial disasters and may include mass displacement of populations (eg refugees and/or internally displaced people).

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.

This is the authoritative guide to conducting trauma-focused cognitive-behavioral therapy (TF-CBT), a systematic, evidence-based treatment for traumatized children and their families. Provided is a comprehensive framework for assessing posttraumatic stress disorder, depression, anxiety, and other symptoms; developing a flexible, individualized treatment plan; and working collaboratively with children and parents to build core skills in such areas as affect regulation and safety. Specific guidance is offered for responding to different types of traumatic events, with an entire section devoted to grief-focused components. Useful appendices feature resources, reproducible handouts, and information on obtaining additional training. TF-CBT has been nationally recognized as an exemplary evidence-based program. See also the edited volume Trauma-Focused CBT for Children and Adolescents: Treatment Applications for more information on tailoring TF-CBT to children’s varying developmental levels and cultural backgrounds.

In The ADHD Workbook for Kids, an internationally-recognized child psychologist presents more than forty ten-minute games and activities children with ADHD can do to learn to make friends, gain confidence, and manage out-of-control behaviors.

Bring fun and adventure back into your child’s life. In The Worry Workbook for Kids, two respected psychologists offer fun, action-based activities grounded in cognitive behavioral therapy (CBT) to help your child move past fears of uncertainty, set and accomplish goals, and—most importantly—enjoy being a kid. Today’s kids face intense pressures at school, with friends, and in life. But one of the most prevalent causes of worry in children is the fear of the unknown. Whether they are starting at a new school, trying out for a new sport, or going to a sleepover—for many kids who worry, it can be difficult moving from “What if?” to “Why not?” and trying new things. Sound familiar? Written for children ages seven to twelve, this engaging workbook offers evidence-based cognitive behavioral therapy (CBT) tools to help kids embrace uncertainty and actually change their thoughts and behaviors by taking action—which will help bring adventure, fun, and freedom back into their lives! The practices in this workbook can be used anytime, anywhere, to help kids put a stop to worry before worry takes over. Childhood is a precious time that goes by so quickly, and chronic worrying can take a heavy toll both mentally and physically. Teaching kids how to deal with stress early will set them up for a lifetime of happiness and success. This workbook can help you do just that.

Many providers have difficulty implementing exposure-based cognitive behavioral therapy for youth with anxiety and obsessive-compulsive disorder (OCD), despite it being the leading treatment for this condition. Exposure Therapy for Children with Anxiety and OCD: Clinician’s Guide to Integrated Treatment provides a step-by-step framework for how providers apply exposure therapy in practice. The book begins with empirical support for the treatment followed by suggested implementation of exposures for specific conditions and ages. Tables of sample exposures and case illustrations are provided throughout the book and common challenges that may complicate implementation are addressed. Intended for busy providers to implement directly into practice, chapters provide clinical excerpts and illustrate techniques in an easy “how-to” format. Summarizes empirical support for exposure treatment efficacy. Recommends how to implement exposure therapy treatment for anxiety and OCD Provides guidance on overcoming common challenges when implementing exposures in practice Offers separate treatment guidelines for children and adolescents Integrates exposure therapy with other therapy modalities Includes case studies and clinical excerpts illustrating techniques

This manual presents the first empirically studied, integrative treatment approach developed specifically for co-occurring PTSD and substance abuse. For persons with this prevalent and difficult-to-treat dual diagnosis, the most urgent clinical need is to establish safety—to work toward disrupting substance use, letting go of dangerous relationships, and gaining control over such extreme symptoms as dissociation and self-harm. The manual is divided into 23 specific units or topics, addressing a range of different cognitive, behavioral, and interpersonal domains. Each topic provides highly practical tools and techniques to engage patients in treatment; teach “safe coping skills” that apply to both disorders; and restore ideals that have been lost, including respect, care, protection, and healing. Structured yet flexible, topics can be conducted in any order and in a range of different formats and settings. The volume is designed for maximum ease of use with a large-size format and helpful reproducible therapist sheets and handouts, which purchasers can also download and print at the companion Web page. See also the author’s self-help guide Finding Your Best Self, Revised Edition: Recovery from Addiction, Trauma, or Both, an ideal client recommendation.

In recent years, many U.S. schools have implemented tiered models of support to address a range of student needs, both academic and behavioral, while cognitive behavioral therapy (CBT) has simultaneously gained popularity as an effective means of supporting the mental health needs of students. Cognitive Behavioral Therapy in Schools provides school-based practitioners with the necessary skills to determine students’ mental health needs; establish a tiered, CBT-based system of supports; select appropriate programs at Tiers 1, 2, and 3; deliver CBT using various formats to students who are at risk or demonstrating problems; progress monitor multiple tiers of service; and work collaboratively with teachers, administrators, and families.

Kendall and Braswell have designed and developed specific procedures that can improve children’s self-control and reduce their impulsivity. In this second edition, the authors both expand and focus the application of their program, involving parents and teachers to a greater extent, making greater use of hands-on workbook materials, and adapting and implementing procedures for children with a wide range of behavior problems linked to impulsivity. The present edition also provides, in greater detail,
descriptions of treatment strategies, in-session therapy materials, case examples, and illustrative transcripts. This book will be of great value to child and family psychologists, social workers, educators, and psychiatrists, as well as parents, pediatricians, classroom teachers, and others who frequently encounter impulsive children. This book also serves as an excellent ancillary text for courses in resilience and mental health in clinical psychology, school psychology, educational interventions, applied developmental psychology, and other mental health related classes.

This new edition of Cognitive Behavioral Therapy with Children links together the methods of cognitive behavioral therapy (CBT) practiced in academic centers as well as the community. This book addresses the challenges community practitioners face when pressured to use CBT with youth who live with mental health disorders, but whose circumstances differ from those in research settings. Practitioners will learn how to overcome therapeutic obstacles. This new edition contains an expanded discussion on cultural considerations relevant to assessment and treatment, as well as a new chapter on training others in CBT for children.

Changes that parents and other family members make to their own behaviors to help a child avoid or alleviate anxiety are known as accommodations. Parental accommodation is a key aspect of child anxiety, and has a major impact on course, severity of symptoms and impairment, family distress, and treatment outcomes. As such the careful, gradual removal of accommodation by parents and loved ones is an important target of anxiety treatment for children. Addressing Parental Accommodation When Treating Anxiety in Children provides invaluable guidance to clinicians who wish to address accommodation within the context of a broader treatment strategy for anxious children, or as a stand-alone treatment. Clinicians will learn from this concise and easily accessible primer how to help parents identify and monitor accommodation, how to create treatment plans for reducing accommodation, and how to help parents communicate these plans to their children and implement them effectively. They will also learn how to help families cope with disruptive child responses to reduced accommodation, how to work with parents who struggle to cooperate, and what to do about a child’s threats of self-harm. The book includes transcripts and rich clinical illustrations, as well as guidance on how to discuss accommodation with both parents and children—including a wealth of easily understandable metaphors to aid in addressing the topic with empathy and without judgment. Addressing Parental Accommodation When Treating Anxiety in Children is an essential resource that will be of use to psychologists, counsellors, and clinical social workers who treat anxious children.

Presents 16 sessions and activities for children to practice recognizing feelings and physical reactions to anxiety in different situations.

Conquer your self-defeating beliefs and create a more fulfilling life! Do you feel like you’re broken? Are you depressed because you believe that you’re somehow defective, unwanted, or inferior? Do you feel self-conscious and insecure, constantly comparing yourself to others? Are you sensitive to criticism, or terrified of rejection? Feeling flawed and inadequate often stems from negative childhood experiences. If you grew up in a highly critical environment, you might feel unworthy of being loved, or have a deep sense of shame about your perceived defects. You may tell yourself there is something inherently wrong with you that prevents you from forming satisfying relationships, finding happiness, and succeeding in life. So, how can free yourself from those beliefs to find self-acceptance and self-love? The Resilience Recipe offers an evidence-based plan grounded in cognitive behavioral therapy (CBT) to help kids build resilience and mental health strengths and alternatives to self-harm. Part Four, On You Go!, introduces modules on problem solving, assertiveness, mindfulness and alternatives to self-harm. Part Three, Coping Strategies, includes descriptions of treatment strategies, in-session therapy materials, case examples, and illustrative transcripts. This book will be of use to psychologists, counsellors, and clinical social workers who treat anxious children.

A quarter of adolescents engage in some form of self-harm and even experienced therapists can find working with these young people difficult. Based on Cognitive Behaviour Therapy (CBT), a highly effective method for working with emotional problems, Cutting Down offers a practical and accessible programme for mental health therapists from different professional backgrounds working with young people who self-harm. The programme is comprised of four parts, each covering a specific stage of therapy, and is split into 27 short modules. Although designed to be delivered over a course of 14 sessions, the programme is presented in a way that allows the therapist to decide which combination of specific modules is chosen and how long is spent on each, based on the specific clinical needs of the person they are working with. Throughout the programme, virtual patients are used to illustrate the various exercises and strategies. Part One, What’s Going On?, introduces self-harm and CBT and aims to develop psychological flexibility, freeing yourself from old habits and unhealthy coping mechanisms, and alleviating symptoms of depression. Finally, you’ll learn to see yourself in all your wonderful complexity, with kindness and compassion. The truth is you are not broken, and painful memories of the past do not have to dictate your future. If you’re ready to heal and treat yourself to the care and compassion you deserve, this book will show you how.

Help your child face all of life’s challenges with confidence. Based on the innovative Coping Cat program, this book offers a proven-effective “recipe” for raising resilient kids! We live in an age of anxiety. Amidst climate change and natural disasters, a turbulent economy and one of the most virulent global pandemics in modern history—is it any wonder our kids are anxious and stressed out? Add in the pressures inherent in social media and consumerist culture, as well as the pressure of academic success, and you’ve got a recipe for disaster. The good news is that you can help your child manage anxiety and stress—no matter what life throws their way. This book will show you how. Written by two pioneering experts in child psychology and anxiety, The Resilience Recipe offers an evidence-based plan grounded in cognitive behavioral therapy (CBT) to help kids build emotional resilience and adaptability, worry less, and thrive—despite the stressors of modern life. With this guide, you’ll learn to help kids feel more in control of their moods and emotions; cope with difficult experiences; and recognize the first signs of stress and anxiety in both their mind and body, so they can find quick relief. You’ll also discover a wealth of tips and strategies to help you manage your own anxiety. Most importantly, you’ll find a solid action plan to help your child feel strong and capable in the face of unprecedented challenges.

The main purpose of this book is to be useful in daily practice to clinicians, including less-discussed subjects that are frequently encountered in practice. For this, it was aimed to explain the formulation of the disorder in light of the basic CBT model in each chapter and then to present the treatment approach of the disorder with case examples. We believe that the case examples, which came from the authors’ own practices, are the strength of the book.
Using the principles of CBT, these 150 information pages and worksheets help adults to understand and manage symptoms of anxiety. The activities follow the framework of a typical CBT course: how it works, looking at the nature of the anxiety, linking thoughts, feelings, behaviour and physiology cycles, exploring different levels of thinking and beliefs, and identifying goals and future planning. Suitable for adults in individual or group work, this is an excellent resource to use as a standalone resource or in conjunction with professional therapy to deal with anxiety.

Cognitive behavior therapy (CBT) is arguably the most effective psychotherapy model for children and adolescents with emotional disorders (e.g., anxiety, depression, obsessive-compulsive disorders, trauma and stress-related disorders, etc.). Emotional disorders in youth frequently overlap or co-occur, and yet many of the existing, effective therapies available for children and adolescents with emotional disorders target just one or a smaller subset of these problems. The Unified Protocols for Transdiagnostic Treatment of Emotional Disorders in Children and Adolescents, based in groundbreaking research from Jill Ehrenreich-May, David H. Barlow, and colleagues, suggest that there may be a simpler and more efficient method of utilizing effective strategies, such as those commonly included in CBT, in a manner that addresses the broad array of emotional disorder symptoms in children and adolescents. The child and adolescent Unified Protocols do this by framing effective strategies in the general language of strong or intense emotions, more broadly, and by targeting change through a common lens that applies across emotional disorders. Specifically, the child and adolescent Unified Protocols help youth by allowing them to focus on a straightforward goal across emotional disorders: reducing intense negative emotion states by extinguishing the distress and anxiety these emotions produce through emotion-focused education, awareness techniques, cognitive strategies, problem-solving and an array of behavioral strategies, including a full-range of exposure and activation techniques. The Unified Protocol for children and adolescents comprises a Therapist Guide, as well as two Workbooks, one for children, and one for adolescents.

Newly updated edition of the highly successful core text for using cognitive behaviour therapy with children and young people

The previous edition of Think Good, Feel Good was an exciting, practical resource that pioneered the way mental health professionals approached Cognitive Behaviour Therapy with children and young people. This new edition continues the work started by clinical psychologist Paul Stallard, and provides a range of flexible and highly appealing materials that can be used to structure and facilitate work with young people. In addition to covering the core elements used in CBT programmes, it incorporates ideas from the third wave CBT therapies of mindfulness, compassion focused therapy and acceptance and commitment therapy. It also includes a practical series of exercises and worksheets that introduce specific concepts and techniques. Developed by the author and used extensively in clinical practice, Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People starts by introducing readers to the origin, basic theory, and rationale behind CBT and explains how the workbook should be used. Chapters cover elements of CBT including identifying thinking traps; core beliefs; controlling feelings; changing behaviour; and more. Written by an experienced professional with all clinically tested material Fully updated to reflect recent developments in clinical practice wide range of downloadable materials includes ideas for third wave CBT; Mindfulness, Compassion Focused Therapy and Acceptance and Commitment Therapy Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People is a “must have” resource for clinical psychologists, child and adolescent psychiatrists, community psychiatric nurses, educational psychologists, and occupational therapists. It is also a valuable resource for those who work with young people including social workers, school nurses, practice counsellors, teachers and health visitors.

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