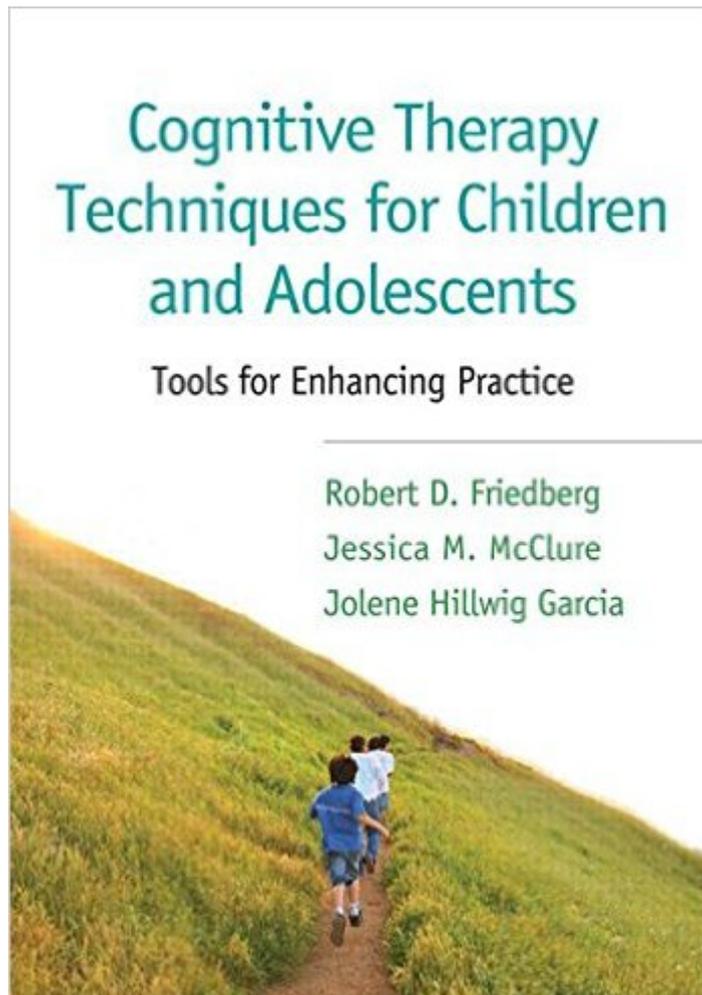


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# Cognitive Therapy Techniques For Children And Adolescents: Tools For Enhancing Practice



## Synopsis

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 cognitive-behavioral therapy (CBT) toolkits. Going beyond the basics, the authors provide effective ways to engage hard-to-reach clients, address challenging problems, and target particular cognitive and behavioral skills. Fun and productive games, crafts, and other activities are described in step-by-step detail. More than 30 reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size. See also the authors' authoritative introduction to CBT with young patients, *Clinical Practice of Cognitive Therapy with Children and Adolescents, Second Edition: The Nuts and Bolts*.

## Book Information

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## Customer Reviews

Psychotherapy has come a long way since the original contributions of such pioneers as Freud, Jung, and Adler. What began as cognitive-based therapeutic counseling with adults soon expanded to include children and adolescents and become a universally recognized and appreciated practice in every community across the country. In "Cognitive Therapy Techniques For Children And Adolescents: Tools For Enhancing Practice" the clinical psychology team of Robert D. Friedberg (Associate Professor and Director of the Cognitive Behavioral Therapy Clinic for Children Adolescents), Jessica M. McClure (Clinical Psychologist, Cincinnati Children's hospital Medical Center), and Jolene Hillwig Garcia (Department of Psychiatry, Milton S. Hershey Medical Center,

Penn State University College of Medicine) provide a compendium of cutting edge interventions and activities enabling practitioners to expand their clinical repertoire of treatment tools for engaging difficult clients, resolving challenging problems, and dealing with and/or developing specific cognitive and behavioral skills. Enhanced with more than thirty reproducible forms and handouts (which can also be downloaded and printed from the Guilford publications website), "Cognitive Therapy Techniques For Children And Adolescents" is a seminal and highly recommended addition to professional and academic library instructional reference collections. 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.

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