

# The Coping Cat Workbook

Coping Cat WorkbookCoping Cat WorkbookCoping Cat WorkbookBrief Coping CatCoping Cat NotebookThe School Services SourcebookThe School Practitioner's Concise Companion to Mental HealthAnxiety Disorders in Children and AdolescentsCoping Cat Therapist ManualBrief Coping CatThe School Services Sourcebook, Second EditionTreatment of Disorders in Childhood and Adolescence, Fourth EditionCognitive-behavioral Therapy for Anxious ChildrenCognitive-behavioral Therapy for Anxious ChildrenHandbook of Serious Emotional Disturbance in Children and AdolescentsHandbook of Psychological Assessment, Case Conceptualization, and Treatment: Children and adolescentsCoping Cat Parent CompanionEncyclopedia of Behavior Modification and Cognitive Behavior TherapyA Unifying Approach to the Theories and Practice of Psychotherapy and CounselingTreating Anxious Children and Adolescents Philip C. Kendall Philip C. Kendall Philip C. Kendall Philip C. Kendall Philip C. Kendall Cynthia Franklin Cynthia Franklin Tracy L. Morris Philip C. Kendall Philip C. Kendall Cynthia Franklin Mitchell J. Prinstein Philip C. Kendall Ellen Flannery Schroeder Diane T. Marsh Michel Hersen Philip C. Kendall Michel Hersen Michael W. York Ronald M. Rapee Coping Cat Workbook Coping Cat Workbook Coping Cat Workbook Brief Coping Cat Coping Cat Notebook The School Services Sourcebook The School Practitioner's Concise Companion to Mental Health Anxiety Disorders in Children and Adolescents Coping Cat Therapist Manual Brief Coping Cat The School Services Sourcebook, Second Edition Treatment of Disorders in Childhood and Adolescence, Fourth Edition Cognitive-behavioral Therapy for Anxious Children Cognitive-behavioral Therapy for Anxious Children Handbook of Serious Emotional Disturbance in Children and Adolescents Handbook of Psychological Assessment, Case Conceptualization, and Treatment: Children and adolescents Coping Cat Parent Companion Encyclopedia of Behavior Modification and Cognitive Behavior Therapy A Unifying Approach to the Theories and Practice of Psychotherapy and Counseling Treating Anxious Children and Adolescents *Philip C. Kendall Philip C. Kendall Philip C. Kendall Philip C. Kendall Philip C. Kendall Cynthia Franklin Cynthia Franklin Tracy L. Morris Philip C. Kendall Philip C. Kendall Cynthia Franklin Mitchell J. Prinstein Philip C. Kendall Ellen Flannery Schroeder Diane T. Marsh Michel Hersen Philip C. Kendall Michel Hersen Michael W. York Ronald M. Rapee*

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

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

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

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

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 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

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

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 three volume encyclopedia of behavior modification and cognitive behavior therapy provides a thorough examination of the components of behavior modification behavior therapy cognitive behavior therapy and applied behavior analysis for both child and adult populations in a variety of settings although the focus is on technical applications entries also provide the historical context in which behavior therapists have worked including research issues and strategies entries on assessment ethical concerns theoretical differences and the unique contributions of key figures in the movement including b f skinner joseph wolpe aaron t beck and many others are also included no other reference source provides such comprehensive treatment of behavior modification history biography theory and application

unique in its approach this book integrates psychoanalytic cognitive behavioral and humanistic approaches in a unifying theoretical approach the main objective of this is to cut through outdated theoretical posturing and to describe what works with whom and under what circumstances issues of importance such as does therapy work or is it all biological are discussed in depth the book specifies therapeutic approaches for virtually all of the troubled people identified in the dsm iv as mentally ill in addition people who suffer from significant levels of subjective distress but would not be labeled in the dsm iv are discussed specifically treatment approaches are offered for people whose lives are empty because of issues of identity intimacy or meaning for practicing counselors and psychotherapists

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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