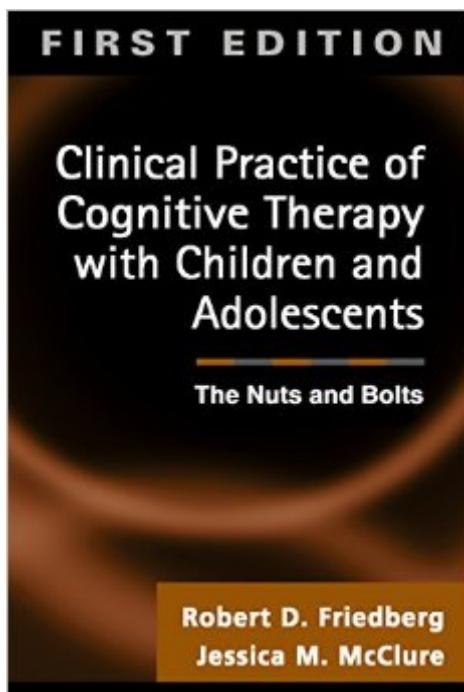


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# Clinical Practice Of Cognitive Therapy With Children And Adolescents: The Nuts And Bolts



## **Synopsis**

An ideal teaching text or practitioner reference, this book offers a complete introduction to doing cognitive therapy with children and adolescents. A systematic yet flexible approach to case conceptualization and treatment planning is presented. The authors review the essentials of orienting children and families to cognitive therapy, structuring each session, and implementing commonly used cognitive and behavioral techniques. Concluding chapters describe strategies for addressing specific clinical problems: depression, anxiety, and disruptive behavior.

## **Book Information**

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## **Customer Reviews**

This text covers all the basics of cognitive therapy as it applies to children and adolescents. Chapters include Case Conceptualization, Session Structure, Connecting Feelings and Thoughts, Therapeutic Dialogues, Commonly Used Cognitive and Behavioral Techniques, Creative Applications of Cognitive-Behavioral Therapy (CBT) and Homework. Specific chapters are devoted to working with depressed children and adolescents, disruptive children and adolescents and anxious children and adolescents. There is also a chapter on working with parents. In my view, this book is better suited to therapists who already have a working knowledge of CBT and who are looking for guidelines to apply CBT to children and adolescents. Overall this text is an excellent overview of CBT (including references) as it applies to children and adolescents. This reviewer has an M.Ed in counseling and 20-years of experience in counseling and social work.

I'm still working my way through the book; but what I like is that its an easy read and you can incorporate it in to practice as you are going along. Its an excellent way to learn specific ways to use Cognitive Therapy with both children and adolescents. They do a good job of distinguishing between the two, which is important when you work with the two age groups. If you like specific techniques, and easy to follow explanations this is a worth while book.

This book is ideal for anyone with some knowledge about psychology. It provides some general information regarding cognitive-behavioral theory, but it does so in almost a "need to know" format; as the book goes through the outline of how to conduct a session according to the cognitive-behavioral format, it explains the rational behind the design in a clear and intelligent way. A great supplement to a Master's level education.

This is an excellent description of CBT and its application to work with children. A nice combination of concrete strategies and more theoretical discussion of CBT. Great for both trainees and more seasoned clinicians.

As a school psychologist I do some counseling with children and cognitive behavior theory is something I greatly utilize in practice. This is a great resource to work with different age groups and I have even given this to a colleague when she began a slightly new career venture. She also thinks it comes in handy in practice.

I thought that the book provided good examples. I work with adolescent offenders and this book was helpful in providing ideas that could work with them (sometimes). Well naturally they would not work on every adolescent that came through but it was good experimentation.

This is a wonderful resource for practitioners utilizing cognitive therapy with children/adolescents. There are many activities that can be used in individual or group sessions. I also highly recommended their other book, Cognitive Therapy Techniques for Children and Adolescents: Tools for Enhancing Practice.

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