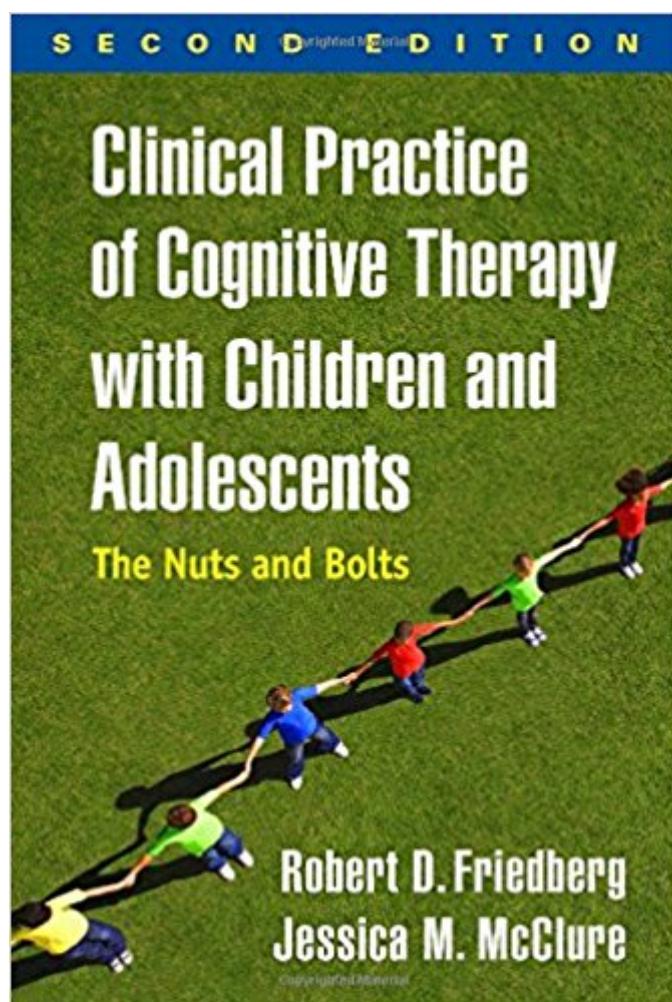


The book was found

Clinical Practice Of Cognitive Therapy With Children And Adolescents, Second Edition: The Nuts And Bolts



Synopsis

Widely regarded as the definitive practitioner reference and teaching text, this book provides a complete introduction to doing cognitive-behavioral therapy (CBT) with 6- to 18-year-olds. The authors offer a blueprint for formulating cases and tailoring treatment to each child's or adolescent's unique developmental and clinical needs. Coverage includes how to orient children and families to cognitive therapy, structure each session, and implement a wide range of CBT techniques. Rich case material illustrates ways that CBT can help children struggling with specific emotional and behavioral problems. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size. **New to This Edition** *Incorporates the latest advances in CBT with youth and gives increased attention to cultural issues, including new case examples. *Chapter on working with patients with autism spectrum disorder. *Chapter on cognitive-behavioral family therapy. *Pull-out boxes throughout that summarize key points. *Epilogue on developing clinical wisdom. See also the authors' *Cognitive Therapy Techniques for Children and Adolescents: Tools for Enhancing Practice*, which presents creative ways to address challenging problems.

Book Information

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Customer Reviews

"Older and wiser, indeed! Friedberg and McClure begin their book with this acknowledgement. The authors' clinical maturity is apparent in every page of the book, rendering this second edition even more outstanding than the first. Through illuminating case examples and detailed

explanations, Friedberg and McClure show in a sophisticated and nuanced manner how to conceptualize and treat childhood disorders using state-of-the-art, evidence-based techniques. For new and seasoned therapists who strive to be as successful as possible in their use of CBT with children and adolescents, this is a "must-have" book."--Wendy K. Silverman, PhD, ABPP, Alfred A. Messer Professor of Child Psychiatry, Professor of Psychology, and Director, Anxiety and Mood Disorders Program, Child Study Center, Yale University School of Medicine "Friedberg and McClure have done it again! The second edition of this classic text on cognitive therapy for youth offers even greater depth and clinical wisdom, with new emphasis on the importance of behavioral enactment and issues of culture in psychotherapy. The strong developmental perspective makes this book essential reading for anyone--from beginning graduate students to seasoned practitioners--interested in how cognitive procedures can be applied flexibly and effectively with children and adolescents. Full of detailed examples and illustrations, the book brings sophisticated concepts to life, making it a resource you will surely turn to again and again."--Bruce F. Chorpita, PhD, Department of Psychology, University of California, Los Angeles "Friedberg and McClure have produced an excellent second edition of their invaluable guide. This volume not only reflects the authors' additional years of clinical experience and wisdom, but also incorporates scientific advances from the past dozen years. It provides a thorough explanation of fundamental concepts for novice therapists as well as advanced techniques for working with specific diagnostic groups. I will recommend this book to my trainees--I only wish I'd had it when I was in training!"--Mary A. Fristad, PhD, ABPP, Department of Psychiatry and Behavioral Health, The Ohio State University Wexner Medical Center "This text is one of the best resources I have found for teaching both the theory and practice of CBT for children. The model underlying the approach is fully described and illustrated with numerous case examples. Specific techniques for communicating the theory and facilitating the therapeutic process are provided. Many different therapeutic activities are discussed in detail, including creative applications that children may find interesting and engaging. I have routinely required this book for students in my graduate Child and Adolescent Therapy course and my therapy practicum."--Mary Louise Cashel, PhD, Director of Clinical Training, Department of Psychology, Southern Illinois University "The book is very readable and contains helpful figures and "how" boxes. The authors also include clinical vignettes, which help clarify methodology. This book is well written by experts in the field. It presents a step-by-step approach, with clinical examples and helpful tips." (Doody's Review Service 2015-09-25)

Robert D. Friedberg, PhD, ABPP, is Full Professor and Director of the Center for the Study and Treatment of Anxious Youth at Palo Alto University. Previously, he directed the CBT Clinic for Children and Adolescents and the Psychology Postdoctoral Fellowship Program at Penn State Milton S. Hershey Medical Center. He served as an Extramural Scholar at the Beck Institute for Cognitive Behavior Therapy and is a Founding Fellow of the Academy of Cognitive Therapy. Dr. Friedberg is coauthor (with Jessica M. McClure and Jolene Hillwig Garcia) of *Cognitive Therapy Techniques for Children and Adolescents: Tools for Enhancing Practice*.¹ Jessica M. McClure, PsyD, is a clinical psychologist and Clinical Director of the Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital Medical Center. Dr. McClure has presented, written articles and book chapters, and provided training in CBT with children and adolescents, including those with anxiety, depression, and behavioral disorders.

This book has helped me to be a more confident DIS counselor at my public high school. It is easy to read and understand, provides concrete examples, and many useful thought exercises. This is well worth your time if you are planning on using CBT with your students or young clients.

This book is amazing! I absolutely love the therapy activities included!

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'm still working my way through the book; but what I like is that it's an easy read and you can incorporate it into practice as you are going along. It's 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.

Love the book. Easy to read and understand.

Great resource for providing Cognitive Therapy to children and adolescents. I'm an MSW-intern and find this book invaluable in my individual and group therapy sessions.

Some decent resources and strategies, but over all very basic. Best chapters 8-9 CBT, Anxiety focus of Chapter 12 is good also.

educational

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