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What is Dialectical behavior therapy for adolescents (DBT)? **Adapting CBT to Children, Adolescents**

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This study evaluated a modular CBT program for childhood anxiety disorders in two elementary schools. Forty children (5-12 years old) with anxiety disorders, referred by teachers and school staff, were randomly assigned to modular CBT or a 3-month waitlist. Clinicians worked with individual families as well as teachers and school staff.

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There are a number of modular treatments for internalizing disorders. The first clearly identified

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modular therapy for children—Modular CBT—was developed to address anxiety disorders in children. This treatment is based on CBT work with adults [25, 26] and with children [27, 28]. It includes a minimum of four core modules (self-monitoring, psychoeducation about anxiety, exposure, and maintenance), along with optional cognitive modules and content for addressing disruptive behaviors ...

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cognitive behavioral therapy cbt is the most efficacious treatment for childhood anxiety disorders at the same time several studies showed that for

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Children and adolescents with social anxiety Sep 04, 2020 modular cbt for children and adolescents with depression a clinician's guide to individualized treatment Posted By Sidney Sheldon Publishing

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...

This is probably the most practical of all the CBT for childhood anxiety I've read. It not only addresses some of the issues in modifying the treatment, through the use of modules and monitoring of treatment, but takes you through the key components of effective treatment.

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~~Modular Cognitive Behavioral Therapy for Childhood Anxiety ...~~

CBT can be effective when delivered in real world settings. This study evaluated a modular CBT program for childhood anxiety disorders in two elementary schools. Forty children (5-12 years old) with anxiety disorders, referred by teachers and school staff, were randomly assigned to modular CBT or a 3-month waitlist. Clinicians worked

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Modular CBT for Depressed Children and Adolescents offers a user-friendly, step-by-step transdiagnostic approach to help you treat youths whose depression

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New Harbinger publishes proven-effective self-help books and workbooks, as well as professional books on topics in psychology, health, and personal growth. Our books provide evidence-based therapies such as acceptance and commitment therapy (ACT),

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dialectical behavior therapy (DBT), cognitive behavioral therapy (CBT), mindfulness, and more.

Treating adolescents with depression is challenging. This breakthrough book offers a new, cutting-edge treatment for children and teens with depression using a modular cognitive behavioral therapy (CBT) approach. Modular CBT for Depressed Children and Adolescents offers a user-friendly, step-by-step transdiagnostic approach to help you treat youths whose depression presents in diverse ways. This manual offers a compelling rationale for using

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modular cognitive behavioral therapy (CBT), a brief overview of the limitations in community mental health that led to the development of the modular approach, distinctions from standard CBT, and a review of the current research supporting the effectiveness of this treatment. Guided by innovative research and best practices, this book provides practical steps for creating a personalized treatment approach for each client that incorporates safety needs, symptoms presentation, etiology, cultural and spiritual background, and family factors. You will also find tools to create a pragmatic conceptualization that can be coupled with the specialized treatment interventions of modular CBT. If you are looking for a

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detailed, session-by-session treatment program that includes specific instructions on how to use the modular approach to meet the individualized needs of your clients, this book will be your guide.

This clinically wise and pragmatic book presents a systematic approach for treating any form of childhood anxiety using proven exposure-based techniques. What makes this rigorously tested modular treatment unique is that it is explicitly designed with flexibility and individualization in mind. Developed in a real-world, highly diverse community mental health context, the treatment can be continually adjusted to target motivational problems,

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disruptive behavior, family issues, and other frequently encountered clinical roadblocks. In a large-size format for easy photocopying, the book includes a detailed case formulation framework, a flexible treatment planning algorithm, and over 90 pages of user-friendly reproducibles.

"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., in

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their latest volume, provide additional effective ways for engaging hard-to-reach clients, addressing challenging problems, and targeting particular cognitive and behavioral skills. Fun and productive games, crafts, and other activities are described in step-by-step detail. Special features include over 30 reproducible forms and handouts, which bookbuyers can also download and print from Guilford's website in a convenient full-page size."--Pub. desc.

Despite the availability of effective treatments for child and adolescent depression, relapse rates in this

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population remain high. This innovative manual presents an evidence-based brief therapy for 8- to 18-year-olds who have responded to acute treatment but still have residual symptoms. Each session of relapse prevention cognitive-behavioral therapy (RP-CBT) is illustrated in step-by-step detail, including focused techniques for promoting and sustaining well-being, supplemental strategies for tailoring treatment to each individual's needs, and ways to involve parents. In a convenient large-size format, the book features 51 reproducible handouts and forms. Purchasers get access to a Web page where they can download and print the reproducible materials.

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In a large-size format for easy photocopying, this book provides 167 engaging full-color reproducible tools for use in cognitive-behavioral therapy (CBT) with 7- to 18-year-olds. Beautifully designed handouts and worksheets are presented for each phase of treating anxiety and depression, organized in a state-of-the-art modular framework that encourages therapeutic flexibility. Introductions to each module offer vital clinical pointers and describe when and how to use the various forms, illustrated with vivid case examples. The authors provide tips for sequencing treatment, troubleshooting common difficulties, and addressing developmental and cultural considerations. Purchasers get access to a Web page

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where they can download and print the reproducible handouts and worksheets.

Anxiety disorders are among the most prevalent mental health problems in childhood and adolescence. This fully revised new edition is an authoritative guide to the understanding and assessment of anxiety disorders in the young. The first section covers historical and conceptual issues, including cognitive and developmental processes, clinical and theoretical models, phenomenology and classification, and evidence-based assessment. Subsequent sections cover the biology of child and adolescent anxiety, and environmental influences

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including traumatic events, parenting and the impact of the peer group. The final section addresses prevention and treatment of anxiety. All chapters incorporate new advances in the field, explicitly differentiate between children and adolescents, and incorporate a developmental perspective. Written and edited by an international team of leading experts in the field, this is a key text for researchers, practitioners, students and clinical trainees with interests in child and adolescent anxiety.

In years, there has been an increase in research into childhood depression, and it is recognised that depression can severely impair young people in many

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Aspects of their life, school, peer and social relationships, and frequently persists into adulthood. This title provides guidance to recognising and treating depression in young people.

Written by a team of clinicians specializing in the treatment of children and adolescents, this professional guide offers a comprehensive, practical resource for implementing exposure therapy when treating children and adolescents with anxiety. Each chapter is devoted to tailoring exposure work to a specific anxiety-related condition, such as separation anxiety, phobias, panic, social anxiety, and more, using a variety of creative exposure ideas and

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activities. In Exposure Therapy for Treating Anxiety in Children and Adolescents, you'll find detailed hierarchies and clinical suggestions for treating each specific childhood anxiety condition, including separation anxiety, school refusal, selective mutism, specific phobia, generalized anxiety, panic disorder, social anxiety, obsessive compulsive disorder (OCD), and emotion tolerance. The book also offers an overview of exposure therapy and its implementation in children and adolescents, including a review of current research and empirical findings on this approach. With this book, you'll also find solid strategies for conducting detailed clinical assessments, so you can gain a greater

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Understanding the specific anxiety triggers and factors that play a role in the development of and maintenance of the child's problem, and learn how this information can be used to guide you in your development of specific exposure exercises. Finally, you'll find tips on how to assess for family variables that may contribute to the maintenance of the child's condition, as well as ways to work with parents in becoming effective coaches for their children during exposure-based activities. Children are vastly different than adults in their treatment needs and in the process through which effective therapy is implemented. If you're looking for clear, practical guidelines for designing, adapting, and implementing

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specific exposure exercises for your young clients, this book provides everything you need in one place.

Combining the latest research evidence with the authors' practical expertise, *Helping Children with ADHD* offers a complete intervention programme for flexibly delivering behavioural and cognitive interventions to children aged 6-12 with ADHD and associated conditions. Redefines and develops best practice in the application of cognitive and behavioural techniques to help children aged 6-12 with ADHD and associated comorbid conditions, including learning difficulties Offers a range of engaging resources within a pragmatic and practically-

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focused approach; modular structure allows the interventions to be selected and tailored according to the particular age, ability and needs of the individual child An appendix of entertaining stories about Buzz, a boy with ADHD, provides structural narrative while also teaching core skills in areas such as keeping calm, planning, managing impulsivity and dealing with anxiety Straightforward, accessible language allows the techniques to be used by those without expert clinical training; dedicated sections provide advice for using the approach in school, home and group contexts A companion website provides downloadable materials including illustrated patient worksheets to accompany the narrative stories

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