Modular Cbt For Children And Adolescents With Depression A Clinicianaeurtms Guide To Individualized Treatment

The purpose of this study was to examine the relation between mental health and school functioning among school-aged youth. This study examined changes in anxiety or Obsessive-Compulsive Disorder (OCD) among children and adolescents, following cognitive-behavioral therapy (CBT) in clinical settings, and how this related to changes in their executive functioning, self-efficacy, and school engagement. This research was conducted with children diagnosed with anxiety disorders or OCD, who received modular CBT treatment as usual, and their parents. A modified pre- and post-treatment design, participants completed quantitative measures of anxiety or OCD, metacognitive awareness, executive function, self-efficacy, and school engagement. A subsample of participants also completed follow-up surveys in the midst of the COVID-19 pandemic in the United States, as well as phone interviews. Findings showed that youth experienced reductions in symptomology after a course of CBT, with differing parent and child perspectives regarding initial symptom levels and changes in symptoms. Results also showed that, overall, participants experienced improvements in some aspects of executive function (e.g., emotion regulation). Participants also experienced improvements in self-efficacy and school engagement, alongside their reductions in anxiety or OCD symptoms. Implications of these findings for parents, educators, and future research are discussed. The first edition of this book introduced the Young-Bramham Programme, a pioneering approach to cognitive behavioural treatment for ADHD in adults, which was well-received by clinical and academic communities alike. Based on the latest findings in the field, the authors have expanded the second edition to incorporate treatment strategies not only for adults, but also for adolescents with ADHD. Updates to this edition include: The inclusion of the Young-Bramham Programme to be used not only with adults but also with adolescents, who are making the difficult transition from child to adult services New edition of an influential guide to treating ADHD beyond childhood which encompasses the recent growth in scientific knowledge of ADHD along with published treatment guidelines Chapter format provides a general introduction, a description of functional deficits, assessment methods, CBT solutions to the problem, and a template for group delivery

"Obsessive compulsive disorder (OCD), which can cause significant impairment in personal, social, and academic contexts, affects nearly half a million children in the United States. This step by step guide provides mental health professionals with an adaptable, evidence based model that uses cognitive behavior therapy to treat pediatric OCD. The authors present well tested, empirically validated strategies that encourage clinical flexibility and creativity. Chapters describe the nuts and bolts of assessment, case conceptualization, and treatment planning, as well as psychoeducation, pharmacotherapy, strategies for relapse prevention, and involving family members in treatment. Richly described case studies illustrate how core strategies can be effectively implemented with youth between the ages of 7 and 18. Includes downloadable handouts for clinical use, including worksheets and fact sheets for parents and guardians, exercises and games, and other clinical tools and resources."

This book aims to bridge the gap between child cognitive behavioral therapy (CBT) as practiced in academic centers and its use in community settings. Because CBT is considered the gold standard in the treatment of a variety of child mental health conditions and has been evaluated in numerous randomized controlled trials, practitioners often face pressure to “do CBT” for children meeting criteria for certain disorders, especially anxiety and depression. This book uses a step-by-step, practical approach to spell out child CBT assessment and treatment considerations that are often not detailed in treatment manuals but are highly relevant to community practitioners. Presenting an effective treatment approach specifically tailored to the unique challenges of body dysmorphic disorder (BDD), this book is grounded in state-of-the-art research. The authors are experts on BDD and related conditions. They describe ways to engage patients who believe they have defects or flaws in their appearance, not a psychological problem. Provided are clear-cut strategies for helping patients overcome the self-defeating thoughts, impairments in functioning, and sometimes dangerous ritualistic behaviors that are core features of BDD. Clinician-friendly features include step-by-step instructions for conducting each session and more than 50 reproducible handouts and forms; the large-size format facilitates photocopying. See also the related self-help guide by Dr. Wilhelm, Feeling Good about the Way You Look, an ideal recommendation for clients with BDD or less severe body image problems."

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

Widely regarded as the definitive clinical reference and text in the field, this authoritative volume presents effective cognitive-behavioral approaches for treating frequently encountered child and adolescent disorders. The editor and contributors are leading experts who provide hands-on, how-to-do it descriptions illustrated with clinical examples. Relevant theories and research findings are explained, and exemplary treatment manuals and client workbooks reviewed. Coverage encompasses evidence-based treatments for aggression, attention-deficit/hyperactivity disorder, anxiety disorders, depression and suicidality, obsessive-compulsive disorder, eating disorders, and trauma.

"Ways to involve parents in treatment are addressed throughout. New to This Edition?Presents advances in conceptualizing and treating specific clinical problems. "Up-to-date information on treatment manual and outcome research."Chapters on additional therapies: modular treatments, dialectical behavior therapy, and mindfulness-based interventions."

"For clinicians involved with exigent pediatric cases, this book takes therapy to the next level by addressing the real-world challenges that arise with an expansive range of disorders. It will undoubtedly provide clinicians with novel ideas and approaches to advance their therapeutic skills and may be just the resource to revive stalled therapy.” Score: 98, 5 stars --Doody's "[This book] faces sub-optimal treatment response head on, illustrating how re-conceptualization, use of alternative strategies, and clinical perseverance can lead to success." --Deborah C. Beidel, PhD, ABPP Director of Clinical Training University of Central Florida

"Chapter authors cogently describe barriers to treatment implementation and recommend systematic adjustments to help improve the outcomes of formerly refractory child and adolescent clients." -Wendy K. Silverman, PhD, ABPP Florida International University

This book presents comprehensive coverage on cognitive-behavior therapy (CBT) and the treatment of complex and refractory cases in children. With critical, evidence-based information on signs and symptoms, treatment plans, and interventions, this is the one book CBT researchers and clinicians will not want to do without. Each chapter includes in-depth descriptions of
empirically supported CBT interventions, factors that would limit treatment outcome in therapy, guidelines on managing these limiting conditions, and case studies. The contributors also discuss conditions that have typically been associated with poorer outcome. Important disorders discussed: Obsessive-compulsive disorder Posttraumatic stress disorder Difficult-to-treat youth depression Eating disorders Sleep disorders Pediatric bipolar disorder Asperger syndrome

This handbook describes in detail different contemporary approaches to group work with children and adolescents. Further, this volume illustrates the application of these models to work with the youth of today, whether victims of trauma, adolescents struggling with LGBT issues, or youth with varying common diagnoses such as autism spectrum disorders, depression, and anxiety. It offers chapters presenting a variety of clinical approaches written by experts in these approaches, from classic (play therapy and dialectical behavior therapy) to cutting-edge (attachment-based intervention, mindfulness, and sensorimotor psychotherapy). Because of its broad scope, the book is suitable for a wide audience, from students to first-time group leaders to seasoned practitioners.

This book outlines a new cognitive-behavioral treatment for patients of all age groups with Avoidant/Restrictive Food Intake Disorder.

This volume discusses adolescent mental health concerns in non-Western contexts and situations, ranging from common mental disorders to building life skills. It combines previous literature and empirical work on various disorders to provide a comprehensive account of cognitive behaviour therapy (CBT) for adolescents. The volume covers a wide spectrum of conditions, ranging from anxiety to affective disorders and other associated disorders. It gives a practical guide to the management of disorders with specific focus on case vignettes, outlining session details and specific techniques to be used throughout the intervention plan. A detailed appendix elaborating various CBT techniques is included in the volume. It presumes a basic understanding and training in mental health care and psychotherapy and is useful for professionals: psychologists, counsellors, paediatricians and other practitioners in the field of mental health. It is also useful as a text for courses in health psychology, clinical psychology, adolescent medicine and adolescent psychology.

Presenting a fresh approach to child and adolescent therapy, this book identifies five principles at the heart of the most potent evidence-based treatments--and shows how to apply them. Clinicians learn efficient, engaging ways to teach the skills of Feeling Calm, Increasing Motivation, Repairing Thoughts, Solving Problems, and Trying the Opposite (FIRST) to 5- to 15-year-olds and their parents. FIRST principles can be used flexibly and strategically in treatment of problems including anxiety, posttraumatic stress, depression, and misconduct. In a convenient large-size format, the book features 37 reproducible parent handouts, decision trees, and other clinical tools. Purchasers get access to a Web page where they can download and print these materials, plus Spanish-language versions of selected parent handouts.

Pediatric Anxiety Disorders provides a critical, updated and comprehensive overview of anxiety disorders in children and adolescents based on the current state of empirical research. The book provides specific clinical recommendations which integrate new knowledge from neuroscience and innovative delivery formats for interventions. This is the first reference to examine anxiety diagnoses in accordance with the latest edition of the DSM-5, including childhood onset disorders, such as Separation Anxiety Disorder, Selective Mutism, Specific Phobia, Social Anxiety Disorder, Panic Disorder, Agoraphobia and Generalized Anxiety Disorder. The book assists clinicians in critically appraising the certainty of the evidence-base and the strength of clinical recommendations. Uses the latest edition of the Diagnostic and Statistical Manual of Mental Disorders, the DSM-5 Includes the Grading of Recommendations Assessment, Development and Evaluation (GRADE) approach in assessing guideline development Focuses on advances in etiology, assessment and treatment Presents new advances in our understanding of the brain behind fear and anxiety Uses a stepped care approach to treatment

The main purpose of this book is to be useful in daily practice to clinicians, including less-discussed subjects that are frequently encountered in practice. For this, it was aimed to explain the formulation of the disorder in light of the basic CBT model in each chapter and then to present the treatment approach of the disorder with case examples. We believe that the case examples, which came from the authors' own practices, are the strength of the book.

The book collates the latest innovations in cognitive behavioral therapy for child and adolescent anxiety disorders, obsessive-compulsive disorder (OCD) and post-traumatic stress disorder (PTSD).

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 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.

This handbook offers a comprehensive review of cognitive behavioral therapy (CBT) for working in integrated pediatric behavioral health care settings. It provides research findings, explanations of theoretical concepts and principles, and descriptions of therapeutic procedures as well as case studies from across broad conceptual areas. Chapters discuss the value of integrated care, diversity issues, ethical considerations, and the necessary adaptations. In addition, chapters address specific types of pediatric conditions and patients, such as the implementation of CBT with patients with gastrointestinal complaints, enuresis, encopresis, cancer, headaches, epilepsy, sleep problems, diabetes, and asthma. The handbook concludes with important directions in research and practice, including training and financial considerations. Topics featured in this handbook include: Emotional regulation and pediatric behavioral health problems. Dialectical Behavior Therapy (DBT) for pediatric medical conditions. Pharmacological interventions and the combined use of CBT and medication. CBT in pediatric patients with chronic pain. CBT for pediatric obesity. CBT-informed treatments and approaches for transgender and gender expansive youth. Medical non-compliance and non-adherence associated with CBT. Training issues in pediatric psychology. The Handbook of Cognitive Behavioral Therapy for Pediatric Medical Conditions is an essential resource for researchers and graduate students as well as clinicians, related therapists, and professionals in clinical child and school psychology, pediatrics, social work, developmental psychology, behavioral therapy/rehabilitation, child and adolescent psychiatry, nursing, and special education.

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, 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.

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

Anxiety disorders are common in children and adolescents and can be debilitating if not recognized and treated. This issue covers the landscape of anxiety disorders in youth, from development and neurobiology; to treatments, advances, and novel approaches; to informing other systems of care: primary physicians, schools, and parents. Specific anxiety disorders discussed include: Obsessive-compulsive and tic-related disorders, PTSD, and school refusal and panic disorder. Pharmacotherapy, CBT, and Parent-Child interaction therapies are reviewed. Emotion regulation difficulties are central to a range of clinical problems, yet many therapies for children and adolescents lack a focus on emotion and related skills. In a flexible modular format, this much-needed book presents cutting-edge strategies for helping children and adolescents understand and manage challenging emotional experiences. Each of the eight treatment modules can be used on its own or in conjunction with other therapies, and includes user-friendly case examples, sample dialogues, and engaging activities and games. Emotion-informed assessment and case conceptualization are also addressed. Reproducible handouts can be downloaded and printed in a convenient 8 1/2” x 11” size.

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

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 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.

The Science of Cognitive Behavioral Therapy describes the scientific approach of CBT, reviews the efficacy and validity of the CBT model, and exemplifies important differences and commonalities of CBT approaches. The overarching principle of CBT interventions is that cognitions causally influence emotional experiences and behaviors. The book reviews recent mediation studies, experimental studies, and neuroimaging studies in affective neuroscience that support the basic model of CBT, as well as those that clarify the mechanisms of treatment change. Additionally, the book explains the interplay of cognition and emotion in CBT, specifies the treatment goals of CBT, discusses the relationship of cognitive models with medical models and associated diagnostic systems, and provides concrete illustrations of important general and disorder-specific considerations of CBT.

Investigates the scientific foundation of CBT Explores the interplay of emotion and cognition in CBT Reviews neuroscience studies on the mechanisms of change in CBT Identifies similarities and differences in CBT approaches for different disorders Discusses CBT extensions and modifications Describes computer assisted applications of CBT

This volume discusses the proper applications of cognitive behavioral theory (CBT) to common clinical presentations. This book represents both the traditions and advances within the broad CBT field. Chapters in this book cover topics such as CBT with depressed youth; CBT for pediatric OCD; CBT with eating disordered youth; modular CBT for youth, and transdiagnostic treatment of emotional disorders in children and adolescents. In Neuromethods series style, chapters include the kind of detail and key advice from the specialists needed to get successful results in your laboratory. Cutting-edge and practical, Tradition and Innovation in Cognitive Behavioral Therapy in Youth is a valuable resource that inspires and encourages readers to use the practices discussed in this book as their own.

Modular CBT for Children and Adolescents with Depression A Clinician's Guide to Individualized Treatment

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-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

Mental health disorders are common in youth, impacting up to 1 in 5 children and adolescents. Typically, mental health difficulties result in impaired functioning and lower quality of life for both youth and their families. Fortunately, there are psychosocial treatments for the mental health needs of youth that have earned the “evidence-based” label. However, these treatments are not widely available, and it is estimated that it can take up to 17 years for them to be transported into community settings. As a result,
a new field of dissemination and implementation (DI) science has emerged to address this problem. Dissemination refers to the transfer of information about evidence-based practices to community settings, and implementation refers to active strategies to assist adoption of evidence-based practices in community settings. Dissemination and Implementation of Evidence-Based Practices in Child and Adolescent Mental Health is the first book to bring together the world’s foremost experts in implementation science and evidence-based practices for youth to provide the latest findings around DI for children and adolescents. Chapters provide comprehensive coverage of the science of dissemination and implementation across contexts, disorders, and international perspectives. This volume will be an essential resource to implementation scientists and scholars, instructors in doctoral-level training programs, and graduate students, as well as policymakers, community mental health clinicians and administrators, school administrators, researchers, and other mental health professionals.

Ages 6 to 12 years. Packed with innovative cognitive-behavioral therapy (CBT) techniques to help child clinicians engage, assess, and treat children with a variety of anxiety symptoms and disorders. Therapeutic games, art, stories, and other creative activities address the key components of CBT: Psychoeducation, relaxation, affective expression, cognitive coping, exposure, and parent training. Includes practical strategies for overcoming common clinical challenges plus interventions and handouts for parents. An invaluable resource for mental health practitioners seeking creative ways to make CBT engaging and child-friendly. This book helps clinicians harness the benefits of cognitive-behavioral therapy (CBT) for children and adolescents with high-functioning autism spectrum disorders (ASD). Leading treatment developers describe promising approaches for treating common challenges faced by young people with ASD--anxiety and behavior problems, social competence issues, and adolescent concerns around sexuality and intimacy. Chapters present session-by-session overviews of each intervention program, review its evidence base, and address practical considerations in treatment. The book also discusses general issues in adapting CBT for this population and provides a helpful framework for assessment and case conceptualization informed by DSM-5. Even the best grounding in the principles of psychotherapy can leave students poorly prepared for actual face-to-face work with clients. This is the only resource dedicated specifically to increasing the confidence and professional competence of graduate students and early career professionals who use cognitive behavioral therapy with children and adolescents. With accessible language, engaging humor, and step-by-step guidance on what to do and when to do it, the author walks students through the entire clinical process from initial consultation with young clients and their caregivers through the conclusion of treatment. With a focus on promoting joy and meaning rather than merely eliminating pain, the book also integrates interventions from positive psychology literature with CBT techniques. The guide is replete with procedural instructions for each step of treatment along with suggested sample language and flexible scripts that can be tailored to the needs of individual clients. Brief rationales for each procedure describe how therapeutic interactions and statements support effective and ethical practices. Evidence-based CBT techniques address issues ranging from mood disorders to conduct and behavioral disorders and include such skills as externalizing the problem, behavioral activation, physiological calming and mindfulness, and happy/coping thoughts. Strategies that engage families in the therapeutic process are included, providing guidance on how to coach parents and other caregivers to participate in certain interventions and create a supportive environment. Pointers for dealing with common challenges such as resistant youth and caregivers include specific steps and sample scripts. Chapters offer ready-to-use forms, templates, worksheets, and client handouts. Key Features: Presents CBT-based techniques specifically for practicum and internship students and other trainee clinicians Fosters the development of confidence and competence in practicing CBT with youth Provides easy-to-read, step-by-step guidance including sample scripts that can be easily adapted Offers proven strategies for engaging families in the therapeutic process Delivers pointers for dealing with common treatment challenges Evidence-Based CBT is the first book to take an explicitly competencies-based approach to the cognitive-behavioral treatment of anxiety and depression in children and young people. It draws on top-name expertise to define and demonstrate the therapist competencies needed to effectively implement CBT.

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 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 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.

Cognitive-Behavioral Therapy (CBT) is an efficacious psychosocial treatment initially developed for adults; however, it is now widely recognized as an empirically supported treatment for a variety of presenting problems in children and adolescents (Seligman & Olendick, 2011). CBT is known to revolutionize delivery methods and adapt to non-traditional settings (Friedberg et al., 2014). CBT interventions need to be developmentally appropriate, appealing, and emphasize experiential learning in order to be user-friendly for youth (Friedberg et al., 2014). A modular CBT format has gained prominence for its flexibility, efficiency, personalized treatment approach, and firmly established techniques for different disorders (Comer, Elkins, Chan. & Jones, 2014). Bibliotherapy is a cost-effective and developmentally sensitive strategy to deliver modular CBT to youth; however, currently this field lacks a scientific framework (Pehrsson & McMillen, 2010). The present study sought to design a modular CBT rating scale for children's storybooks that target clinical issues. A standardized rubric was created to evaluate the CBT-content of children's therapeutic storybooks. Two clinical psychology doctoral students were recruited and trained on the administration of the CBT rating scale. The raters were to rate ten children's storybooks on the six modules of the CBT rubric: psychoeducation, self-monitoring, behavioral
techniques, cognitive restructuring, behavioral experiments/exposure, and cultural elements. The interrater reliability and the clinical utility of the CBT rating scale was assessed with the descriptive statistic, Cohen’s Kappa. The overall Kappa computed across the six CBT domains for the ten storybooks was statistically significant. However, there was a decline in rater agreement following training. Although this preliminary study suggests that the CBT rubric is a sufficient tool for quantifying CBT elements of children’s storybooks, it is recommended that the CBT rating scale would clarify module categories and criteria, refine training procedures, include a larger sample size of storybooks and raters. By developing a scientific framework to evaluate bibliotherapy, the type, amount, and quality of CBT content in children’s storybooks can be established. This can allow the development of guidelines on how to select and recommend CBT consistent storybooks that are appropriate for a child’s clinical needs. Most importantly, in the future, researchers can determine the therapeutic effects of storybooks as a CBT intervention.

Rutter’s Child and Adolescent Psychiatry is the leading textbook in its field. Both interdisciplinary and international, it provides a coherent appraisal of the current state of the field to help researchers, trainees and practicing clinicians in their daily work. Integrating science and clinical practice, it is a comprehensive reference for all aspects of child and adolescent psychiatry. New to this full color edition are expanded coverage on classification, including the newly revised Diagnostic and Statistical Manual of Mental Disorders (DSM-5), and new chapters on systems neuroscience, relationship-based treatments, resilience, global psychiatry, and infant mental health. From an international team of expert editors and contributors, this sixth edition is essential reading for all professionals working and learning in the fields of child and adolescent mental health and developmental psychopathology as well as for clinicians working in primary care and pediatric settings. Michael Rutter has contributed a number of new chapters and a Foreword for this edition: “I greatly welcome this new edition as providing both a continuity with the past and a substantial new look.” —Professor Sir Michael Rutter, extract from Foreword. Reviews of previous editions: “This book is by far the best textbook of Child & Adolescent Psychiatry written to date.” —Dr Judith Rapoport, NIH “The editors and the authors are to be congratulated for providing us with such a high standard for a textbook on modern child psychiatry. I strongly recommend this book to every child psychiatrist who wants a reliable, up-to-date, comprehensive, informative and very useful textbook. To my mind this is the best book of its kind available today.” —Journal of Child Psychology and Psychiatry

"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 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.

Effective parenting is essential to the success of children with ADHD. At the same time, difficult child behavior contributes to parenting stress and often evokes harsh responses from caregivers, leading to increasing problems over time. What makes this process even more challenging is that ADHD and related problems-like executive functioning deficits, emotion dysregulation, and depression-run in families. It is difficult for parents to support a child’s learning and social environment if they themselves struggle with disorganization, low motivation, poor planning, and other executive functioning difficulties. Supporting Caregivers of Children with ADHD integrates behavioral, cognitive, and emotion-focused intervention components into straightforward treatment for both parents and children. Sessions included in this therapist guide incorporate group discussion, modeling, role play, and home exercises that involve practicing behavioral parenting techniques and/or cognitive-behavioral therapy (CBT) skills. With the use of this manual, clinicians will gain the expertise to guide parents in effectively supporting their children’s behavioral and emotional regulation by creating and maintaining a calm and consistent home environment.

This timely book uniquely addresses the application of CBT to children and young people within health, school and community contexts. With the recent expansion of increasing access to psychological therapies (IAPT) CBT is increasingly applied to work with children outside the traditional therapy clinic. This book provides accessible knowledge and practice skills for professional staff working with troubled children and young people in real-world settings. Taking into consideration complex difficulties that do not always fit fixed length treatments, the authors take a much-needed realistic approach to applying CBT to childhood problems. This is relevant and accessible reading for a wide range of specialist child trainees and practitioners, including new IAPT therapists, counsellors, nurses, teachers and social workers. Peter Fuggle, Sandra Dunsmuir & Vicki Curry are co-Directors of the UCL accredited Certificate, Diploma & Masters course on Cognitive Behaviour Therapy and other outcomes based interventions (CBTOBI) delivered at the Anna Freud Centre in London.