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WORKBOOK PUBLISHING, Inc. is dedicated to offering well-researched, empirically-supported, and practical books, software, computer and audiovisual programs to provide mental health professionals and educators with treatments for working with children and adolescents. Treatment manuals for therapists and workbooks for the participant youth are available, including The Coping Cat treatment ...

Coping Cat - Workbook Publishing , Inc.

Coping Cat Workbook, Second Edition (Child Therapy Workbooks Series) [Philip C. Kendall, Kristina A. Hedtke] on Amazon.com. *FREE* shipping on qualifying offers. Empirically-supported CBT to reduce anxious distress in youth. This newest edition is a revision of the original Coping Cat Workbook by Philip Kendall that has been in use since 1992.

Coping Cat Workbook, Second Edition (Child Therapy ...

Amazon.com: "The C.A.T. Project" Workbook For The Cognitive Behavioral Treatment Of Anxious Adolescents (9781888805178): Philip C. Kendall, Muniya Choudhury, Jennifer Hudson, Alicia Webb, ... I bought the CAT Project and the Coping Cat Workbook so I would have age-appropriate materials to help treat anxiety in my clients. The CAT workbooks ...

Amazon.com: "The C.A.T. Project" Workbook For The ...

Coping Cat also has a version for adolescents, ages 14-17, known as the C.A.T. Project which is highlighted on the CEBC as well. Program Goals. The overall goal of Coping Cat is: Reduce anxiety; Essential Components. The essential components of the Coping Cat program include:

CEBC » Coping Cat » Program » Detailed - cebc4cw.org

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Coping Cat Workbook, 2nd Edition (ages 7-13) C.A.T. Project Workbook for the Cognitive- Behavioral Treatment of Anxious Adolescents (ages 14-17) El Gato Valiente: Cuaderno de Actividades, Segunda Edicion

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The Coping Cat | Download eBook PDF/EPUB

Coping Cat Workbook, 2nd Edition (ages 7-13) Philip C. Kendall, Ph.D., ABPP, & Kristina A. Hedtke, Ph.D., Temple University, Child and Adolescent Anxiety Disorders Clinic Empirically-supported CBT to reduce anxious distress in youth. This newest edition is a revision of the original Coping Cat Workbook by Philip Kendall that has been in use ...

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Temple University Child and Adolescent Anxiety Disorders Clinic This therapist manual provides an overview of the general strategies used in the treatment of anxiety in children. The treatment manual is coordinated with the revised "Coping Cat Workbook." There is a chapter devoted to each of the sixteen therapy sessions that appear in the ...

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The Coping Cat program is a CBT manual-based and comprehensive treatment program for children

from 7 to 13 years old with separation anxiety disorder, social anxiety disorder, generalized anxiety disorder, and/or related anxiety disorders. It was designed by Philip C. Kendall, PhD, ABPP, and colleagues at the Child and Adolescent Anxiety Disorders Clinic at Temple University.

Coping Cat - Wikipedia

Brief Coping Cat: The 8-Session Coping Cat Workbook: Philip C. Kendall, Ph.D., ABPP, Rinad S. Beidas, Ph.D., & Christian Mauro, Ph.D. Temple University, Child and Adolescent Anxiety Disorders Clinic CBT is an empirically-supported approach to reduce anxious distress in youth.

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To bring the concept of flexibility within fidelity to life, we draw examples from the Coping Cat program. The Coping Cat program is one example of CBT for youth anxiety: it consists of 16 sessions, follows a therapist manual (Kendall & Hedtke, 2006a) and uses a client workbook (Kendall & Hedtke, 2006b).

Flexible Applications of the Coping Cat Program for ...

Research Support for Child Anxiety Tales. The Child Anxiety Tales program is based on decades of research on the treatment of child and adolescent anxiety. Dr. Philip Kendall's Coping Cat treatment has been found in the most rigorous trials on child anxiety treatment to be an effective treatment

Coping Cat Parents - Child Anxiety Tales - Welcome

Temple University, Child and Adolescent Anxiety Disorders Clinic An outgrowth of the popular Coping Cat Program, the CAT Project provides sixteen sessions for individual cognitive-behavioral treatment (CBT) for anxiety in older adolescents (14-17 years of age) using a workbook format. Content has been modified for use with the older population.

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The Coping Cat program is designed for children and young adolescents with SAD, SP, and GAD (Kendall & Hedtke, 2006a). The primary goal of the treatment program is to teach children to recognize signs of anxious arousal and to let these signs serve as a cue to implement anxiety management techniques.

The Coping Cat Program for Children with Anxiety and ...

The Coping Cat workbook is used for children aged 8 to 13 years and the C.A.T. Project workbook is used for children aged 14 to 17 years. The C.A.T. Project differs from Coping Cat only in the use of developmentally appropriate pictures and examples for older ages. Top . Program Participants. Children and youth aged 8-17 years. Top . Evaluation ...

Coping Cat - Promising Practices

WORKBOOK PUBLISHING, Inc. is dedicated to offering well-researched, empirically-supported, and practical books, software, computer and audiovisual programs to provide mental health professionals and educators with treatments for working with children and adolescents. Treatment manuals for therapists and workbooks for the participant youth are available, including The Coping Cat treatment ...

Home Page - Workbook Publishing, Inc. Home of the Coping ...

The Coping Cat Therapist: Session-By-Session Guide [DVD] Practice Parameters The American Academy of Child & Adolescent Psychiatry (AACAP) publishes Practice Parameters on various conditions in child mental health.

Child Anxiety Tales - Therapist Training Resources

It is cognitive-behavioral in nature, and provides psychoeducation and requires exposure tasks. It is similar to the Coping Cat program for children ages 7- to 13-years old, which is rated a "1 - Well-Supported Research Evidence" on the CEBC, but with teen visuals, themes, labels, and other materials.

CEBC » C A T Project » Program » Detailed

Cognitive-Behavior Therapywith Youth Workshop,June21,2002 Perth, Australia Philip C. Kendall,
Ph.D., ABPP ChildandAdolescentAnxietyDisorders Clinic

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