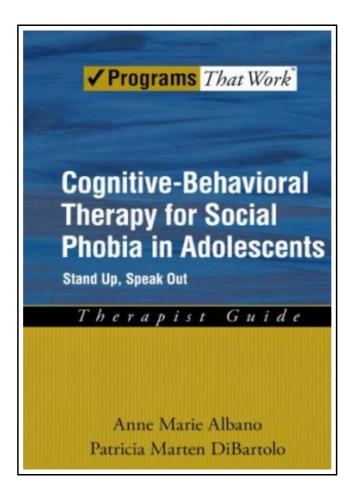
# Cognitive-Behavioral Therapy for Social Phobia in Adolescents: Therapist Guide: Stand Up, Speak Out



Filesize: 4.66 MB

## Reviews

A must buy book if you need to adding benefit. Indeed, it can be engage in, continue to an amazing and interesting literature. I am effortlessly can get a delight of reading a published pdf. (Elliott Wuckert)

# COGNITIVE-BEHAVIORAL THERAPY FOR SOCIAL PHOBIA IN ADOLESCENTS: THERAPIST GUIDE: STAND UP, SPEAK OUT



Oxford University Press Inc, United States, 2007. Paperback. Book Condition: New. 249 x 173 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Shyness and social anxiety are common emotions experienced by children and teenagers. When intense, they often result in the avoidance of social situations and can significantly impair a child s functioning and emotional development. Left untreated in its clinical state, Social Anxiety Disorder (SAD) is a serious condition often lasting into adulthood. Cognitive Behavioral Therapy (CBT) is highly effective in treating adults with SAD and has been successfully adapted for the treatment of youth. This therapist guide presents a group treatment program for adolescents aged 13 to 18 that uses welltested CBT techniques. In this program, groups of 5 to 7 youths with excessive shyness or social anxiety learn how to cope in social situations. Cognitive restructuring exercises help participants understand their anxiety and reexamine thinking that may contribute to their distress. Other exercises teach social and problem solving skills, and also increase self-esteem and assertiveness. Behavioral exposure exercises give participants the opportunity to practice these skills by systematically confronting them in feared or avoided social situations. This guide offers practical instruction on how to apply this program, as well as information on the theory and research on which it is based. It provides session outlines for adolescent group therapy, including sample dialogues, role-playing scenarios, and homework assignments. It also addresses individual therapy and provides tips for conducting the treatment with children aged 8 to 12.

Read Cognitive-Behavioral Therapy for Social Phobia in Adolescents: Therapist Guide: Stand Up, Speak Out Online

Download PDF Cognitive-Behavioral Therapy for Social Phobia in Adolescents: Therapist Guide: Stand Up, Speak Out

#### Other PDFs



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Getting Your FREE Bonus Download this book, read it to the end and...

Read Book »



Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. From a certified teacher and founder of an online tutoring website-a simple and...

Read Book »



#### Boost Your Child s Creativity: Teach Yourself 2010

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. 196 x 130 mm. Language: English . Brand New Book. Every parent wants their child to achieve their full potential. Whatever your child s...

Read Book »



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

Read Book »



## Child's Health Primer for Primary Classes

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Description Notice: This Book is published by Historical Books Limited...

Read Book »