



Cognitive-Behavioral Therapy for Anxious Children: Therapist Manual for Group Treatment

By Ellen Flannery-Schroeder, Philip C. Kendall

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This therapist manual describes an 18-session group program for the treatment of anxiety disorders in children and young adolescents. It is intended to be used as a guide to the Coping Cat Workbook by Philip C. Kendall and Kristina A. Hedke in a group setting. The goal of treatment is to provide the necessary skills to successfully cope in a variety of anxiety-provoking situations, and the program contains both a skill-building segment and a practice segment.

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- Sales Rank: #1632155 in Books
- Brand: Brand: Workbook Publishing
- Published on: 1996-01-01
- Original language: English
- Dimensions: 11.00" h x 8.75" w x .50" l,
- Binding: Spiral-bound
- 73 pages

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