



Practicing Cognitive Behavioral Therapy with Children and Adolescents: A Guide for Students and Early Career Professionals (Paperback)

By David J. Palmiter

Springer Publishing Co Inc, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. 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,...



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