



Cognitive Therapy Techniques for Children and Adolescents: Tools for Enhancing Practice

Robert D. Friedberg PhD, Jessica M. McClure PsyD, Jolene Hillwig Garcia MD

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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 cognitive-behavioral therapy (CBT) toolkits. Going beyond the basics, the authors provide effective ways to engage hard-to-reach clients, address challenging problems, and target particular cognitive and behavioral skills. Fun and productive games, crafts, and other activities are described in step-by-step detail. More than 30 reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size.

See also the authors' authoritative introduction to CBT with young patients, *Clinical Practice of Cognitive Therapy with Children and Adolescents, Second Edition: The Nuts and Bolts*.

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