



Depression: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families)

Chrissie Verduyn, Julia Rogers, Alison Wood

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In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely impair young people in many aspects of their life, school, peer and social relationships, and frequently persists into adulthood.

Depression: Cognitive Behaviour Therapy with Children and Young People provides an accessible guide to recognising and treating depression in young people. Based on a successful manual developed for research trials, this book presents an overview of a cognitive behavioural model for working with this age group, as well as practical ideas about how to start therapy. Topics covered include:

- engaging young people
- setting goals for therapy
- cognitive behaviour assessment and formulation
- solutions for problems practitioners may face
- encouraging parents and agencies to support therapy.

Depression includes case examples and practical tips to prepare the practitioner for working with young people. Information is presented in a readable and practical style making this book ideal for professionals working in child and adolescent mental health services, as well as those in training. It will also be a useful guide for people working in community services for young people.

Online resources:

The appendices of this book contain worksheets that can be downloaded free of charge to purchasers of the print version. Please visit the website to find out more about this facility

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From reader reviews:

Jack Baldwin:

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Paul Howard:

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Are you kind of stressful person, only have 10 or perhaps 15 minute in your day to upgrading your mind ability or thinking skill possibly analytical thinking? Then you are receiving problem with the book than can satisfy your limited time to read it because this all time you only find guide that need more time to be study. Depression: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families) can be your answer given it can be read by an individual who have those short spare time problems.

Matthew Hood:

What is your hobby? Have you heard which question when you got scholars? We believe that that question was given by teacher with their students. Many kinds of hobby, Every person has different hobby. So you know that little person such as reading or as reading through become their hobby. You must know that reading is very important along with book as to be the thing. Book is important thing to provide you knowledge, except your own teacher or lecturer. You will find good news or update with regards to something by book. Many kinds of books that can you take to be your object. One of them are these claims Depression: Cognitive Behaviour Therapy with Children and Young People (CBT with Children,

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