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A Clinician's Guide to Think Good-Feel Good: Using CBT with Children and Young People

Paul Stallard

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This is a companion guide to Think Good Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People. Designed for clinicians using the original workbook in their work with children, the book builds upon the workbook materials by offering guidance on all aspects of the therapeutic process and a range of case studies highlighting therapy in action. Topics covered include parent involvement, key cognitive distortions in children, formulations, challenging thoughts, guided discovery and the use of imagery. Also included is a chapter focusing on possible problems in therapy and strategies for overcoming them.

To supplement the workbook, the clinician's guide offers further materials and handouts for use in therapy, including psycho-educational materials for children and parents on common problems, such as depression, OCD, PTSD/Trauma and Anxiety

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Susan Demar:

A Clinician's Guide to Think Good-Feel Good: Using CBT with Children and Young People can be one of your beginner books that are good idea. Most of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in vocab, easy to understand, bit entertaining but still delivering the information. The copy writer giving his/her effort to place every word into delight arrangement in writing A Clinician's Guide to Think Good-Feel Good: Using CBT with Children and Young People nevertheless doesn't forget the main level, giving the reader the hottest and also based confirm resource facts that maybe you can be one of it. This great information may drawn you into new stage of crucial considering.

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