

## Coping Cat Therapist Manual

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### Coping Cat Therapist Manual

Our workbook titles include "The Coping Cat Workbook", for use with anxious youth and "The C.A.T. Project" for use with anxious adolescents. Treatment manuals for therapists For mental health professionals, counselors, educators, or those seeking written information about treatment programs to help youth with emotional, cognitive, and behavioral problems.

### Coping Cat - Workbook Publishing , Inc.

This therapist manual describes the general strategies used in the treatment of anxiety in children (e.g., exposure tasks, homework, changing anxious self-talk, etc.). The treatment manual is coordinated with the Brief Coping Cat: The 8-Session Coping Cat Workbook.

### Brief Coping Cat: Therapist Manual for the 8-Session ...

Coping Cat Workbook (Child Therapy Workbooks Series) by Philip C. Kendall (1-Jan-2006) Spiral-bound by Philip C. Kendall;Kristina A. Hedtke | Jan 1, 1790 Unknown Binding

### Amazon.com: coping cat therapist manual

Books and Therapist Manuals As a resource to professionals, we will be continuously updating this page to house the latest books and resources for professionals on child and adolescent anxiety. ... The Coping Cat Program for anxious youth: The FEAR plan comes to life Podell, J. L., Mychailyszyn, M., Edmunds, J., Puleo, C. M., & Kendall, P. C. ...

### Child Anxiety Tales - Books and Therapist Manuals

Empirically-supported CBT to reduce anxious distress in youth. This newest edition is a revision of the original Coping Cat Workbook by Philip Kendall that has been in use since 1992. Sixteen therapy sessions promote coping skills for dealing with anxiety. The program can be adapted for use with individual youth or with groups.

### Coping Cat Workbook, Second Edition (Child Therapy ...

The Coping Cat Therapist: Session-By-Session Guide [DVD] Practice Parameters The American Academy of Child & Adolescent Psychiatry (AACAP) publishes Practice Parameters on various conditions in child mental health.

### Child Anxiety Tales - Therapist Training Resources

There is formal support available for implementation of Coping Cat as listed below: Supervisory phone consultation is available. Fidelity Measures. There are fidelity measures for Coping Cat as listed below: The therapist manual describes session-by-session content. Each session's description begins with the goals/targets for that session.

### CEBC » Coping Cat » Program » Detailed

This therapist manual provides an overview of the general strategies used in the treatment of anxiety in children. The treatment manual is coordinated with the revised Coping Cat Workbook by the same authors; There is a chapter devoted to each of the sixteen therapy sessions that appear in the Coping Cat Workbook; with explanations of and a rationale for the activities.

### Cognitive-Behavioral Therapy for Anxious Children ...

Anxiety: Coping Cat Ages/Grades 7-13 years old Format 16 50-minute weekly sessions. Groups of 4-5. Materials Child Workbook (\$27) Therapist Manual (\$24) Trainings Not required. Language English, Spanish, Chinese, Japanese, Hungarian, Norwegian. More information www.workbookpublishing.com

### Evidence-Based Group Interventions for Children and ...

Coping Cat Therapist Manual. Coping Cat to treat Anxiety in Children and Adolescents Coping Cat to treat Anxiety in Children and Adolescents by Professor Hartung 4 years ago 13 minutes, 13 seconds 6,002 views Coping Cat , is a cognitive behavioral , treatment , for anxiety in children and adolescents. The current video provides information Coping Cat for Childhood Anxiety (2019) Coping Cat for Childhood Anxiety (2019) by Professor Caleb Lack 1 year ago 36 minutes 322 views University of ...

### Coping Cat Therapist Manual - mail.trempealeau.net

Brief Coping Cat: Therapist Manual for the 8-Session Workbook Philip C. Kendall, Ph.D., ABPP, Sarah A. Crawley, Ph.D., Courtney L. Benjamin, Ph.D., Christian F. Mauro, Ph.D. This therapist manual describes the general strategies used in the treatment of anxiety in children (e.g., exposure tasks, homework, changing anxious self-talk, etc.).

### Brief Coping Cat - Workbook Publishing, Inc.

The C.A.T. Project is an evidence-based CBT program for adolescents dealing with anxiety. The manual itself walks you through each session, including session goals and tips for helping the session be as effective as possible.

### Amazon.com: "The C.A.T. Project" Manual For The Cognitive ...

The Coping Cat program is a CBT manual-based and comprehensive treatment program for children from 7 to 13 years old with separation anxiety disorder, social anxiety disorder, generalized anxiety disorder, and/or related anxiety disorders. It was designed by Philip C. Kendall, PhD, ABPP, and colleagues at the Child and Adolescent Anxiety Disorders Clinic at Temple University. A related program called C.A.T. Project is aimed at adolescents aged 14 to 17. See publishers webpage The goals of the tr

### Coping Cat - Wikipedia

Coping Cat. is a cognitive-behavioral treatment f or children with anxiety. The program incorporates 4 components: • Recognizing and understanding emotional and physical reactions to anxiety • Clarifying thoughts and feelings in anxious situations • Developing plans for effective coping • Evaluating performance and giving self ...

### See scale of 1-5 Child Welfare System Relevance Level: Medium

Brief Coping Cat: Therapist Manual for the 8-Session Workbook Philip C. Kendall, Ph.D., ABPP, Sarah A. Crawley, Ph.D., Courtney L. Benjamin, Ph.D., Christian F. Mauro, Ph.D. This therapist manual describes the general strategies used in the treatment of anxiety in children (e.g., exposure tasks, homework, changing anxious self-talk, etc.).

### Workbook Publishing, Inc.

The treatment manual is coordinated with the revised "Coping Cat Workbook." There is a chapter devoted to each of the sixteen therapy sessions that appear in the "Coping Cat Workbook", with explanations of and a rationale for the activities.

### Workbook Publishing, Inc.

Treatment materials (adapted from the Coping Cat program: Kendall & Hedtke, 2006a, 2006b) included the newly designed therapist manual and child workbook. BCBT sessions focused first on teaching coping skills to the child and/or parent and then on providing the child and/or parent the opportunity to practice the skills via exposure tasks.

### Brief Cognitive-Behavioral Therapy for Anxious Youth ...

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The Coping Cat, as in CBT, represents a synthesis of behavioral and cognitive strategies. Understanding social influences(e.g.,family,peer)andtheteachingofemotional management skills are also addressed. The Coping Cat has two sections: the first focuses on psychoeducation,whereasthesecondemphasizesexposureto

### Cognitive-Behavioral Treatment for Child and Adolescent ...

That study utilized the Coping Cat [now called C.A.T. Project for youth aged 12-18] treatment manual to examine predictors and moderators of treatment outcomes among youths meeting criteria for diagnoses of separation anxiety disorder, social phobia, or generalized anxiety disorder who were randomly assigned to receive either Coping Cat, sertraline (SRT), their combination (COMB), or medication management with pill placebo (PBO) in the Child/Adolescent Anxiety Multimodal Study (CAMS).