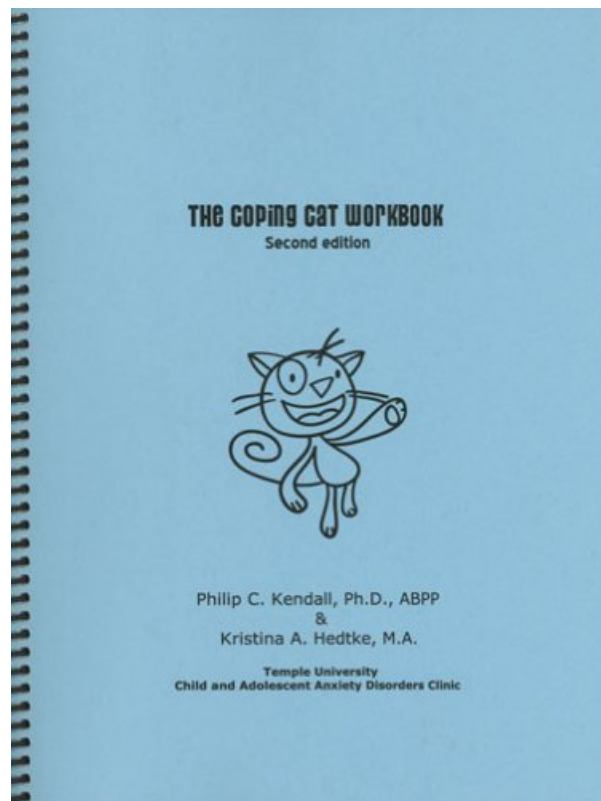
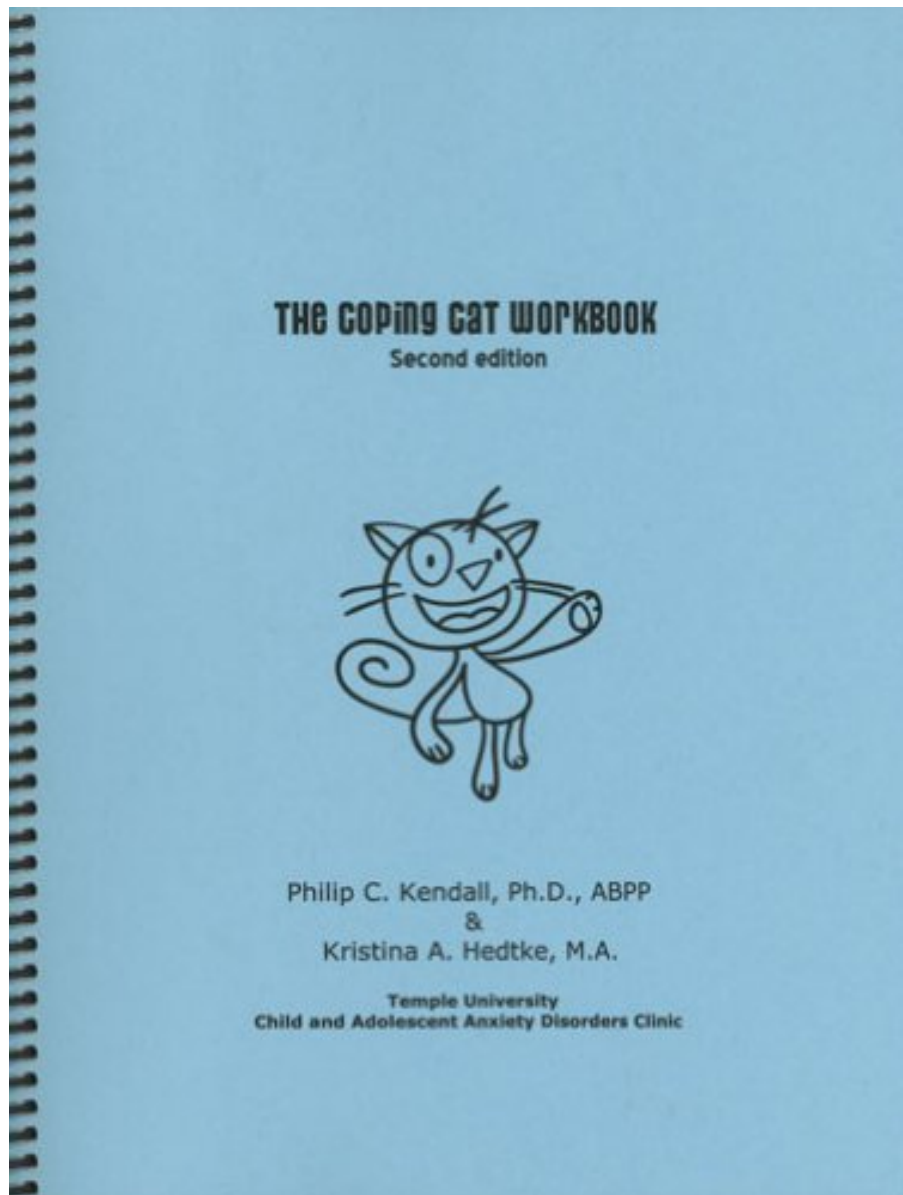


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Empirically-supported CBT to reduce anxious distress in youth. This newest edition is a revision of the original Coping Cat Workbook by Philip Kendall that has been in use since 1992. Sixteen therapy sessions promote coping skills for dealing with anxiety. The program can be adapted for use with individual youth or with groups. Appendices include 'situation cards' with three levels of difficulty, a 'feelings barometer', as well as other cut-outs and a certificate of achievement. Appropriate for a variety of anxiety disorders in youth ages 7-13; for adolescents, use the C.A.T. Project program by the same author.

- Sales Rank: #15364 in Books
- Brand: Workbook Publishing
- Published on: 2006
- Original language: English
- Dimensions: 11.00" h x 8.75" w x .50" l, .84 pounds
- Binding: Spiral-bound
- 81 pages

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User friendly, Creative, Fun and Helpful

By amber(23 year old)

I work in behavioral health as a TSS. I read the reviews and saw that I didn't have to be a therapist to use it. It's super user friendly and fun to use. I think it's great that the book is designed to use by sections/in order but it doesn't have to be used that way. The kids love the feeling barometer (we call it the feelings wheel) and identifying the different emotions through cartoon exercises. The coping cards and things have me really excited to reuse and reuse. It is really valuable. Nothing I don't like about it.

0 of 0 people found the following review helpful.

Five Stars

By torio

Goes along with the therapist's manual. Really helps kids with anxiety.

2 of 2 people found the following review helpful.

parenting, child therapy

By Sharon

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