

## Coping Cat Workbook Adolescents

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### **Coping Cat Workbook Adolescents**

Our treatment workbooks are designed specifically for youth – engaging, appealing, and developmentally appropriate. The workbooks guide the implementation of the cognitive-behavioral therapies. Our workbook titles include “The Coping Cat Workbook”, for use with anxious youth and “The C.A.T. Project” for use with anxious adolescents.

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

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 ...**

This workbook, though purchased separately, accompanies the C.A.T. Project Manual. You really can't have one without the other if you are planning to use this program with adolescents (mature 11 years and up). However, this truly is a great, well-structured, evidence-based program.

### **Amazon.com: "The C.A.T. Project" Workbook For The ...**

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### **Read Online Coping Cat Workbook Adolescents**

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. Of applied interest, practicing therapists have provided "tips" for the newer therapist working with the anxious youth.

### **Workbook Publishing, Inc.**

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### **Home Page - Workbook Publishing, Inc. Home of the Coping ...**

Coping Cat also has a version for adolescents, ages 14-17, known as the C.A.T. Project which is highlighted on the CEBC as well. Program Goals. The overall goal of Coping Cat is: Reduce anxiety; Essential Components. The essential components of the Coping Cat program include:

### **CEBC » Coping Cat » Program » Detailed**

The Camp Cope-A-Lot and Child Anxiety Tales programs are based on the Coping Cat treatment, the most researched, well-established psychotherapy treatment program for anxiety in youth. It is the gold-standard treatment used in hospitals, clinics and schools around the world for children struggling with anxiety.

### **Child Anxiety Tales - Welcome**

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. (2010) Cognitive and Behavioral Practice, 17(2), 132-141. Describes a flexible application of problem-solving (FEAR plan) with anxious youth.

### **Child Anxiety Tales - Books and Therapist Manuals**

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 ...**

It reports on remission rates in anxious youth who were randomly assigned to a 12-week treatment of sertraline (SRT), Coping Cat [now called C.A.T. Project for youth aged 12-18] which is a cognitive-behavioral therapy, their combination (COMB), or clinical management with pill placebo (PBO). Method: The primary definition of remission was loss of all study-entry anxiety disorder diagnoses; additional definitions of remission were used.

### **CEBC » C A T Project » Program » Detailed**

## Where To Download Coping Cat Workbook Adolescents

An outgrowth of the popular Coping Cat Program, the CAT Project provides sixteen sessions for individual cognitive-behavioral treatment (CBT) for anxiety in older adolescents (14-17 years of age) using a workbook format. Content has been modified for use with the older population. (54 pages) ISBN: 978-1-888805-17-8 © 2002

### **Workbook Publishing, Inc.**

The Parent Companion is a resource for parents or caregivers of youth participating in the Coping Cat Program for anxiety. The Coping Cat Program employs a cognitive-behavioral approach to helping children identify and manage their anxiety.

### **The Coping Cat Parent Companion: Philip C. Kendall, Ph.D ...**

The Coping Cat Workbook is designed for children ages 8 to 13 and the C.A.T. Project workbook is designed for children ages 14 to 17. The only difference between the C.A.T. Project and the Coping Cat Workbook is the use of developmentally appropriate pictures and examples for older ages. What is the Program Design for Coping Cat?

### **Evidence Suggests That the Coping Cat Program Reduces ...**

This first addition of this workbook builds on the "Keeping Your Cool" workbook series that has been in use since 1996. Taking into consideration the developmental challenges of adolescence, it provides five empirically-supported anger management strategies that can be employed by boys and girls, ages 12-17, to help them cope with a variety of anger-arousing situations.

### **- Workbook Publishing, Inc. Home of the Coping Cat and ...**

From Wikipedia, the free encyclopedia 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.

### **Coping Cat - Wikipedia**

The Coping Skills for Kids Workbook can help teach children to calm down, balance their energy and emotions, and process challenging feelings. Author Janine Halloran, LMHC, shares over 75 innovative, fun and engaging activities developed from her experience in schools, outpatient mental health clinics and as a mother.

### **Amazon.com: Coping Skills for Kids Workbook: Over 75 ...**

University of Central Oklahoma graduate students Deah Abbott, Adam Everson, and Sarai Peguero present on Coping Cat, a cognitive-behavioral therapy for child...

### **Coping Cat for Childhood Anxiety (2019) - YouTube**

CBT is based on the concept that beliefs and thoughts have a direct effect on mood and behavior. It helps individuals become aware of any irrational and destructive thoughts, and replace them with ...

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