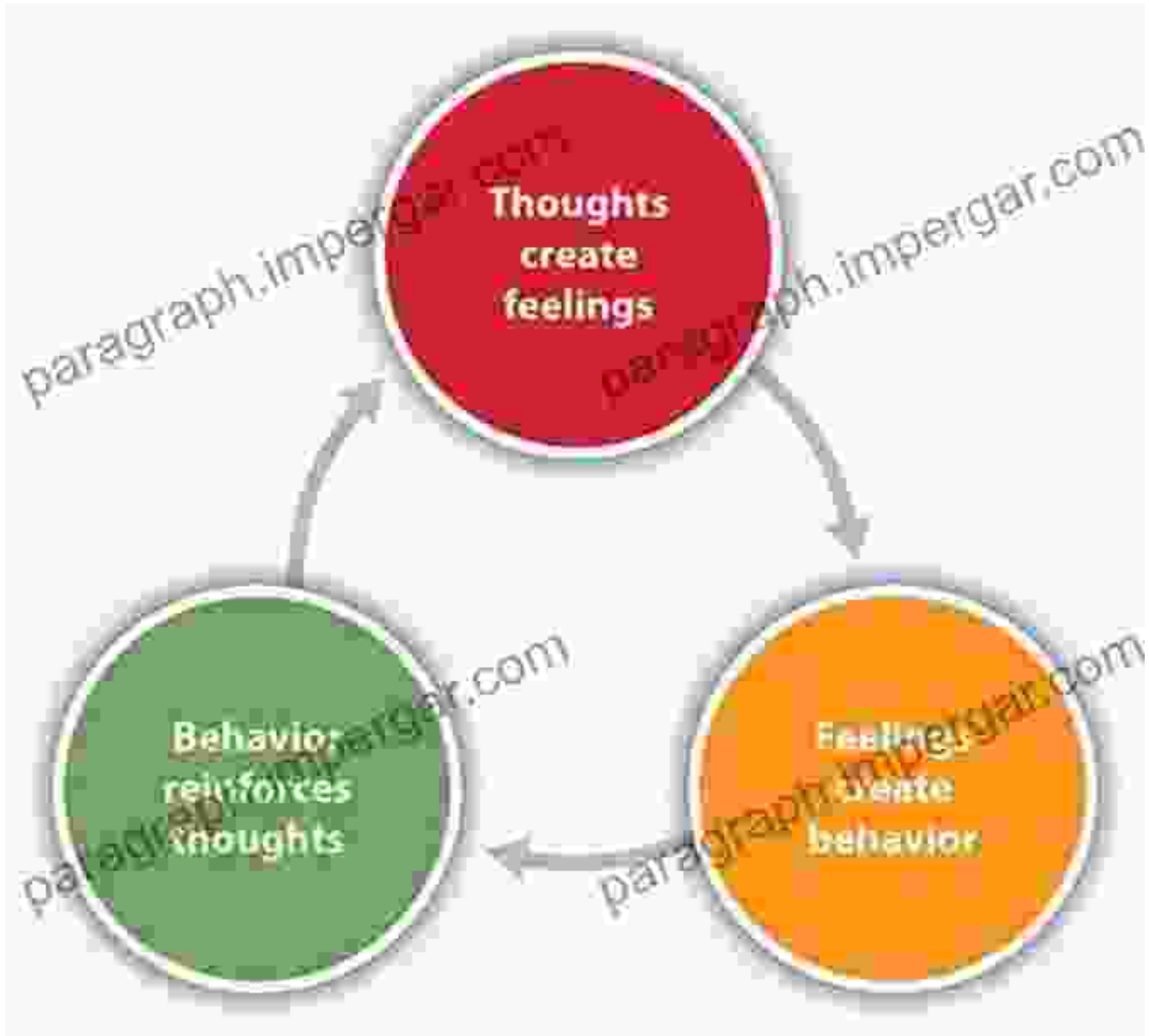


Cognitive Behaviour Therapy With Children And Young People Cbt With Children



Obsessive Compulsive Disorder: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families) by Jessica Page

★★★★☆ 4.5 out of 5

Language : English

File size : 1956 KB

Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 304 pages



Cognitive Behaviour Therapy With Children And Young People Cbt With Children is a comprehensive guide to using CBT with children and young people. It provides a detailed overview of the theory and practice of CBT, including specific techniques and strategies for working with children of all ages and presenting problems. The book is written in a clear and accessible style, and is packed with case studies and examples to illustrate the principles of CBT in action.

CBT is a type of therapy that helps children and young people to understand the link between their thoughts, feelings, and behaviour. It teaches them how to identify and challenge negative thoughts and behaviours, and to develop more positive and helpful ways of thinking and behaving. CBT has been shown to be effective in treating a wide range of mental health problems in children and young people, including anxiety, depression, and conduct problems.

The book is divided into three parts. The first part provides an overview of the theory and practice of CBT. The second part describes specific CBT techniques and strategies for working with children and young people. The third part provides case studies and examples to illustrate the principles of CBT in action.

Cognitive Behaviour Therapy With Children And Young People Cbt With Children is an essential resource for anyone working with children and young people who are experiencing mental health problems. It is a comprehensive, well-written, and practical guide to using CBT to help children and young people improve their mental health and well-being.

Benefits of CBT for Children and Young People

- Helps children and young people to understand the link between their thoughts, feelings, and behaviour.
- Teaches children and young people how to identify and challenge negative thoughts and behaviours.
- Helps children and young people to develop more positive and helpful ways of thinking and behaving.
- Has been shown to be effective in treating a wide range of mental health problems in children and young people, including anxiety, depression, and conduct problems.

Who Can Benefit from CBT?

CBT can benefit children and young people of all ages who are experiencing mental health problems. It is particularly helpful for children and young people who are struggling with:

- Anxiety
- Depression
- Conduct problems
- Eating disFree Downloads

- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Self-harm
- Suicidal thoughts

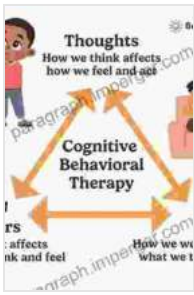
How to Find a CBT Therapist

If you are interested in finding a CBT therapist for your child or young person, there are a few things you can do:

- Ask your child's doctor or school counsellor for a referral.
- Search for CBT therapists in your area online.
- Contact your local mental health centre.

When you are looking for a CBT therapist, it is important to find someone who is experienced in working with children and young people. You should also make sure that the therapist is a good fit for your child or young person. The therapist should be someone who your child or young person feels comfortable talking to and who they feel can help them.

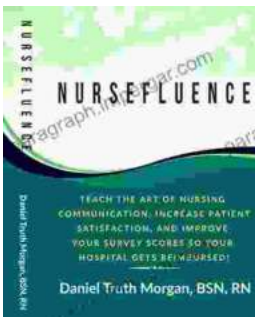
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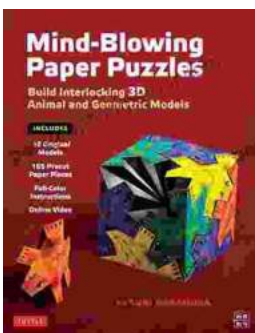
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