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Understanding Externalizing Problems; Disruptive, Impulse-Control, and Conduct Disorders; Neurodevelopmental Disorders; Bullying in Schools; References; Chapter 6: Cognitive Behavioral Therapy for Externalizing Problems; Identifying Physiological Precursors/Triggers; Building Feeling Vocabulary; Cognitive Restructuring; Parent Training; References; Part IV: Counseling Report Case Samples for Children and Adolescents

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Exhibit 4.6: Counselor's Checklist for Behavioral Activation

Sommario/riassunto

Twenty percent of school-aged children in the U.S. experience mental health issues each year, and Cognitive Behavioral Therapy (CBT) is one of the most effective, empirically supported interventions available. This practical, quick-reference handbook is for mental health professionals in the K-12 school setting who are seeking a hands-on guide for practicing CBT. Based on a wealth of research supporting the efficacy of CBT for school-aged children, it features specific interventions that can be put to use immediately and is tailored to the needs of busy school psychologists, counselors, and so
