

1. Record Nr.	UNINA9910555173703321
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Titolo	A clinician's guide to cbt for children to young adults : a companion to think good, feel good and thinking good, feeling better // Paul Stallard
Pubbl/distr/stampa	Hoboken, New Jersey : , : John Wiley & Sons, Incorporated, , [2021] ©2021
ISBN	1-119-39546-1 1-119-39549-6 1-119-39630-1
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (321 pages) : illustrations
Disciplina	618.9289142
Soggetti	Behavior therapy for children
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	"This book provides practical ideas about how to use cognitive behavioural techniques (CBT) with children, adolescents and young adults. The book is organised around a competency framework and highlights the underlying philosophy, process and core skills of undertaking CBT with this client group. The ideas can be used as part of an individual intervention for those with psychological problems as well as group based prevention programme to promote helpful "life skills" to build resilience. The CORE philosophy of CBT, namely Child centred, Outcome focused, Reflective and Empowering approach is described. Attention is paid to the PRECISE process of working with children, adolescents and young adults. This is based on Partnership working, pitched at the Right developmental level, promoting Empathy, Creativity, Investigation and Self-efficacy and which is Engaging and enjoyable. Finally the specific core skills, the ABCs of CBT, are described. These are defined as Assessment, Behavioural skills, Cognitive skills, Discovery, Emotional skills, Formulation, General skills and Home assignments. Each skill is described with practical examples provided of how these can be applied in work with children, adolescents and young adults. When discussing specific skills and

techniques reference is made to relevant worksheets which are available in Think Good Feel Good (TGFG) for children and young adolescents and Thinking Good Feeling Better (TGFB) for older adolescents and young adults"--
