

1.	Record Nr.	UNINA990008092120403321
	Autore	Stinton, Thomas Charles Warren
	Titolo	Collected papers on greek tragedy / T.C.W. Stinton ; with a foreword by Hugh Lloyd-Jones
	Pubbl/distr/stampa	Oxford : Clarendon Press, 1990
	ISBN	0198140541
	Descrizione fisica	VI,517 p. : 1 ritr. ; 24 cm
	Disciplina	882
	Locazione	FLFBC
	Collocazione	P2B-250-STINTON T.C.W.-1990
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910555173703321
	Autore	Stallard Paul <1955->
	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
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	Formato	Materiale a stampa
	Livello bibliografico	Monografia
	Nota di bibliografia	Includes bibliographical references and index.

"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"--
