

1. Record Nr.	UNINA9910463607803321
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Titolo	Cognitive behavioral therapy in K-12 school settings : a practitioner's toolkit / / Diana Joyce-Beaulieu, Michael L. Sulkowski
Pubbl/distr/stampa	New York, New York : , : Springer Publishing Company, LLC , , [2015] ©2015
ISBN	0-8261-9639-X
Descrizione fisica	1 online resource (217 p.)
Disciplina	618.92/891425
Soggetti	Cognitive therapy Counseling School health services Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title; Copyright; Contents; Contributors; Foreword; Preface; Acknowledgments; Share Cognitive Behavioral Therapy in K-12 School Settings: A Practitioner's Toolkit; Part I: Introduction to Cognitive Behavioral Therapy; Chapter 1: Effectively Integrating CBT Counseling Into School Services; DSM-5 Child and Adolescent Diagnoses and Age of Onset; CBT Efficacy in School-Based Applications; References; Chapter 2: What Is Cognitive Behavioral Therapy?; Psychoeducation; Cognitive Restructuring; Relaxation Training; Contingent Reinforcement Incorporating Technology: Low-Intensity CBT InterventionsCase Conceptualization; Contraindications for Counseling Therapy; Getting Started; References; Part II: Counseling Structure for Internalizers; Chapter 3: Understanding Internalizing Problems; Anxiety and Related Disorders; Trauma and Stressor-Related Disorders; Bipolar and Related Disorders; Depressive Disorders; Eating Disorders; Obsessive-Compulsive and Related Disorders; Personality Disorders; References; Chapter 4: Cognitive Behavioral Therapy for Internalizing Problems; Exposure/Response Prevention Therapy; Behavioral Activation Cognitive RestructuringRelaxation Training; Social Skills Training; References; Part III: Counseling Structure for Externalizers; Chapter 5:

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

Chapter 7: Elementary School Counseling Sample ReportsReference; Chapter 8: Secondary/Postsecondary Counseling Reports; Reference; Appendix; Exhibit 1.1: Subjective Units of Distress Scale: Feeling Thermometer; Exhibit 1.2: Subjective Units of Distress Scale: What I Feel Inside; Exhibit 2.1: Student Sentence Completion Exercise; Exhibit 2.2: Adolescent Sentence Completion Exercise; Exhibit 2.3: If/Then Questionnaire; Exhibit 2.4: CBT Cognitive Model; Exhibit 2.5: Three-Step ABC Model; Exhibit 2.6: ABC Model: Alternate Consequences Exhibit 2.7: Comparing the Negative Fall and the Positive LaunchExhibit 2.8: ABC Record Form; Exhibit 2.9: Four-Column Functional Assessment of ABCs; Exhibit 2.10: Four-Column Functional Assessment of ABCD; Exhibit 2.11: Relaxation Log; Exhibit 4.1: Counselor's Checklist for Exposure/Response Prevention Therapy; Exhibit 4.2: Exposure/Response Prevention Therapy: Information for Parents/Caregivers; Exhibit 4.3: Exposure Hierarchy Worksheet Example; Exhibit 4.4: Exposure Hierarchy Worksheet; Exhibit 4.5: Subjective Units of Distress Scale 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

2. Record Nr.	UNINA9910701486003321
Autore	Blair Clancy
Titolo	Self-regulation and school readiness [[electronic resource] /] / Clancy Blair
Pubbl/distr/stampa	Champaign, IL : , : ERIC Clearinghouse on Elementary and Early Childhood Education, , [2003]
Descrizione fisica	1 online resource (9 pages)
Collana	ERIC digest
Soggetti	Readiness for school Self-control in children
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from title screen (viewed Mar. 25, 2004). "2003-07-00." "Funded at least in part with Federal funds from the U.S. Department of Education under contract number ED-99-CO-0020"--P. 8.
Nota di bibliografia	Includes bibliographical references (pages 6-7).