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Titolo	Cognitive behavioural therapy for child trauma and abuse [[electronic resource]] : a step-by-step approach / / Jacqueline S. Feather and Kevin R. Ronan ; illustrated by Duncan Innes
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Altri autori (Persone)	RonanKevin R
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Nota di contenuto	Cognitive Behavioural Therapy for Child Trauma and Abuse: A Step-by-step Approach; Acknowledgements; Introduction; Phase 1: Psychosocial Strengthening; Parent/caregiver orientation to therapy; Session 1: Engagement and orientation to therapy; Session 2: Relationships; Session 3: Timeline; Phase 2: Coping Skills; Parent/caregiver session; Session 4: Feelings; Session 5: Body reactions; Session 6: Thoughts; Session 7: Active coping and problem-solving; Session 8: Rating and rewards; Phase 3: Trauma Processing; Parent/caregiver session; Session 9: Introduction to imaginal exposure Sessions 10-13: Gradual exposurePhase 4: Special Issues and Closure; Parent/caregiver session; Sessions 14-15: Special issues; SESSION 16: REL APSE PREVENT ION AND CLO CLOSURE; Worksheets; About me; What I'd like help with...; My account; Reward chart; Paper people; The TRAP; The STAR Plan; Calm-down tricks(Relaxation techniques); All my faces; Feelings chart; Body diagram; My experience; Thought people; The STAR Plan; Things that still bother me...(bad memories, things that have happened, bad dreams...); Congratulations certificate; Self-help tasks; MY STAR Plan; Resources for thera pis ts References

Sommario/riassunto

This book uses an evidence-based CBT treatment model to assist children and adolescents aged 9a??15 years to resolve trauma symptoms and increase their coping skills. The approach is made up of 16 step-by-step sessions to carry out with the young person, and includes worksheets and fun activities using arts and crafts.
