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Altri autori (Persone)	ReisweberJarrod BeckAaron T
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Sommario/riassunto	This first concise guide to conducting cognitive therapy (CT) with adolescents in school settings features in-depth case examples and hands-on clinical tools. The authors-who include renowned CT originator Aaron T. Beck-provide an accessible introduction to the cognitive model and demonstrate specific therapeutic techniques. Strategies are illustrated for engaging adolescents in therapy, rapidly creating an effective case conceptualization, and addressing a range of clinical issues and stressors frequently experienced in grades 6-12. The challenges and rewards of school-based CT are

