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Nota di contenuto	Evidence-Based CBT for Anxiety and Depression in Children and Adolescents; Copyright; Contents; Notes on Editors; Notes on Contributors; 1 An Introduction to the Competencies-Based Approach; The Genesis of This Book; Empirically supported treatment, evidence-based practice, and the real world; The competencies-based approach; A model of therapist competencies for the evidence-based treatment of child and adolescent anxiety and depressive disorders; Sburlati et al. (2011) domains of competenc; About This Book; Aims; Book structure; Chapter structure; Conclusion; References 2 Effective Training MethodsIntroduction; Key Features of Training: Presenting Training Material Using Effective Strategies; Training Approaches for Treating Anxiety and Depressive Disorders; Training Therapists of Children and Adolescents; Common Obstacles to Training Therapists and Potential Solutions; Conclusion; References; Further

Reading; Part I Generic Therapeutic Competencies; 3 Self-Assessment of Our Competence as Therapists; Introduction; Key Features of Self-Assessment and Professional Development Competencies; Definition of self-assessment; Methods of self-assessment  
Competence in Self-Assessment when Treating Anxiety Disorders and Depression  
Competence in Self-Assessment of Skills when Treating Children and Adolescents; Common Obstacles to Self-Assessment and Professional Development Practice and Methods to Overcome Them; Monitoring client progress and gaining client feedback; Recording therapy sessions; Accessing supervision; Accessing training; Conclusion; References; 4 Professional Evidence-Based Practice with Children and Adolescents; Introduction; Key Features of Competencies; Attitudes and ability to utilize research  
Operating within professional, ethical, and legal codes  
Supervision/consultation; Competence in Treating the Anxiety Disorders and Depression; Competence in treating both children and adolescents; Common Obstacles to Competent Practice and Methods to Overcome Them; Obstacles to favorable attitudes toward EBPs; Obstacles to professional practice; Obstacles to consultation; Conclusion; References; 5 Child and Adolescent Characteristics that Impact on Therapy; Introduction; Internalizing Psychopathology in Young People; Presentation in youth; Comorbidity; Developmental Issues  
Individual Differences  
Ethnicity; Learning disorders; Environmental Factors and Life Events; Environmental factors; Life events; Conclusion; References; 6 Building a Positive Therapeutic Relationship with the Child or Adolescent and Parent; Introduction; Key Features of Competencies; Alliance building; Instilling hope and optimism for change; Competence in Treating Anxiety Disorders and Depression; Anxiety; Depression; Competence in Treating both Children and Adolescents; Children; Adolescents; Common Obstacles to Competent Practice and Methods to Overcome Them  
Discrepancies between children and parents

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Sommario/riassunto

Evidence-Based CBT is the first book to take an explicitly competencies-based approach to the cognitive-behavioural treatment of anxiety and depression in children and young people. It draws on top-name expertise to define and demonstrate the therapist competencies needed to effectively implement CBT.

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