

1. Record Nr.	UNINA9910824973503321
Autore	Friedberg Robert D. <1955-, >
Titolo	Cognitive behavioral therapy for the busy child psychiatrist and other mental health professionals : rubrics and rudiments // Robert D. Friedberg. [et al.] ; illustrated by Jolene H. Garcia
Pubbl/distr/stampa	New York : , : Routledge, , 2011
ISBN	1-136-82201-1 0-203-83039-3 1-136-82202-X
Descrizione fisica	1 online resource (397 p.)
Classificazione	PSY006000PSY008000PSY036000
Altri autori (Persone)	GarciaJolene Hillwig
Disciplina	618.92/89142
Soggetti	Cognitive therapy for children Cognitive therapy for teenagers Child psychotherapy Adolescent psychotherapy
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	Front cover; Cognitive Behavioral Therapy for the Busy Child Psychiatrist and Other Mental Health Professionals; Copyright; Contents; Acknowledgments; Authors; Chapter 1. Introduction: The Whys and Wherefores of This Book; Breaking Things Down to Practice Elements: Modular CBP; What It Takes to Be a Competent CBP Therapist; A Word About the Case Examples and Transcripts; Conclusion; Chapter 2. Case Conceptualization; Introduction; Techniques Are Never Enough; Why Is a Case Formulation Handy? Value- Added Benefits; Rudiments: The Conceptual Guts; Cultural Context Developmental History and BackgroundRings of Fire: Cognitive Hierarchical Organizational Model; The Cognitive Model; Physiological and Biological Variables; Behavioral Antecedents and Consequences; Emotional Functioning; Rubrics; Forming Conceptual Hypotheses: Writing in the Sand .; Case Example 1: Sean; Case Example 2: Ami; Case Example 3: Josef; Conclusion; Chapter 3. Therapeutic Stance; Introduction; Rudiments; Collaborative Rather Than Prescriptive Approach; Guided Discovery Rather Than Interpretation: Facilitating the

Art of the Possible; Harvesting Open and Flexible Attitudes
Tolerating Negative Emotional States and Discomfort
Tolerating Ambiguity; Focus on Creating Doubt Rather Than Refutation or Disputation; CBT Is Transparent and Empirical; Bring the Head and Heart to Consensus; Rubrics; Create a Productive Working Alliance; Engage Avoidant Children, Adolescents, and Families; Keep an "Alert" Ear; Rely on Open-Ended Questions; Strike Why Questions From Your Vocabulary; Unpack Generalities Into Specifics; Get Your Hands Dirty: Work With Strong Emotions; Apply CBT in a Creative and Fun Way; Conclusion; Chapter 4. Session Structure; Introduction; Rudiments
Mood Check-In
Depression and Anxiety; Anxiety; Anger; Homework Review; Agenda Setting; Session Content; Meaningful Compounds in Session Content: Skill Acquisition, Skill Application, Therapeutic Structure, Content, and Process; Homework Assignments; Eliciting Feedback; Rubrics; Mood Check-In; Agenda Setting; Homework Review: Herding the 12 Elephants in the Room; Session Content; Eliciting Feedback; Homework Assignment; Dressing Homework to the Nines: Nine Guidelines for Assigning Homework; Conclusion; Chapter 5. Psychoeducation; Introduction; Rudiments; Definition of Psychoeducation
Functions of Psychoeducation
Seven Guidelines for Delivering Good Psychoeducation; Review Material Carefully Before You Offer It to Parents and Children; Psychoeducation Should Be Presented in a Simple and Accessible Manner; Psychoeducation Should Be Real and Relevant; Psychoeducation Should Be Culturally Alert; Psychoeducation Should Be Conducted in a Developmentally Sensitive Manner; Psychoeducation Is an Active Process; Psychoeducation Is Presented via Multimedia; Rubrics; Resources; Information on Cognitive Behavioral Psychotherapy; Emotional Education; Disorder Information
Pervasive Developmental Disorder Spectrum

Sommario/riassunto

"Teaching Child Psychiatrists Cognitive Behavioral Therapy is an essential resource for clinical child psychologists, psychiatrists and psychotherapists, and mental health professionals. Since 2001, psychiatry residency programs have required resident competency in five specific psychotherapies, including cognitive-behavioral therapy. This unique text is a guidebook for instructors and outlines fundamental principles, while offering creative applications of technique to ensure that residency training programs are better equipped to train their staff"--
