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Nota di contenuto	Foreword -- Part 1. CBT Foundations -- Chapter 2. Cognitive Behavioral Therapy Is More than You Think! -- Chapter 3. What Is Dialectical Behavior Therapy (DBT): Theoretical Foundations, and Clinical Applications -- Chapter 4. CBT and Jewish Youth: Seeking the Tikkun -- Part 2 Clinical Applications of CBT with Jewish-American Youth -- Chapter 6. Integrating Jewish Values and Practices with Cognitive Behavioral Therapy to Treat Jewish-American Adolescents with Anxiety -- Chapter 7. Cultural Considerations in the Treatment of OCD in Jewish-American Youth -- Chapter 8. CBT Treatment of Selective Mutism with Jewish Cultural Considerations -- Chapter 9. CBT with Socially Anxious Jewish Youth -- Chapter 10. Working with Disruptive Behavior Disorders in Orthodox Jewish Families: The

Psychology of Grievance -- Chapter 11. Anger Management: Meeting Points Between Judaism and CBT -- Chapter 12. Jewish Culture-Specific Applications of Evidence Based Psychotherapies for Parenting Skill Enhancement -- Chapter 13. Parents as Partners in CBT with Traumatized and Anxious Children -- Chapter 14. Helping Parents and Children Cope with Antisemitism -- Chapter 15. Dialectical Behavior Therapy for Children (DBT-C) and Applications for Jewish Youth -- Chapter 16. CBT with Jewish Youth Presenting with Eating Disorders -- Chapter 17. CBT Considerations and Modifications for Working with Autistic Jewish Youth -- Part 3 Special Issues of CBT with Jewish-American Youth -- Chapter 18. CBT, Positive Psychology, and Judaism: A Balanced Partnership -- Chapter 19. CBT and Storytelling with Jewish American Youth -- Chapter 20. Metaphors in CBT with Jewish American Youth -- Chapter 21. Enhancing Resilience in Jewish-American Children and Teens -- Chapter 22. Teaching Cultural Competency for Working with Jewish-American Youth -- Chapter 23. Future Directions in Research and Practice.

Sommario/riassunto

This book provides a robust theoretical, empirically based, and practical guide for delivering cognitive behavioral therapy (CBT) to Jewish-American youth and their families. It is rooted in traditional CBT practices, addressing a neglected area of clinical competency, clinical training, and supervision. The chapters integrate CBT with multiple religious cultural variations affecting this heterogeneous population, dispelling a one-size-fits-all mentality. The volume considers all the major diagnoses impacting pediatric patients and their caregivers (e.g., depression, anxiety, disruptive behavior disorders, eating disorders) and details contextual variations. It concludes with various creative CBT-based interventions for Jewish youth and delineates cautions, recommendations, and future directions for theory, research, and clinical applications. Key areas of coverage include: Major principles and practices associated with CBT and DBT. Basic elements of various psychiatric conditions. Explanation of various Judaic values, principles, text, teachings, cultural idioms, and practice. Innovative adaptations of traditional CBT spectrum techniques and therapeutic processes. The Handbook of CBT with Jewish-American Youth is an essential resource for clinicians, therapists, and other professionals as well as researchers, professors, and graduate students in developmental, clinical child, and school psychology, child and adolescent psychiatry, pediatrics, social work, behavioral therapy/rehabilitation, nursing, and special education.
