



Child and Adolescent Therapy, Fourth Edition: Cognitive-Behavioral Procedures

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Child and Adolescent Therapy, Fourth Edition: Cognitive-Behavioral Procedures

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Widely regarded as the definitive clinical reference and text in the field, this authoritative volume presents effective cognitive-behavioral approaches for treating frequently encountered child and adolescent disorders. The editor and contributors are leading experts who provide hands-on, how-to-do-it descriptions illustrated with clinical examples. Relevant theories and research findings are explained, and exemplary treatment manuals and client workbooks reviewed. Coverage encompasses evidence-based treatments for aggression, attention-deficit/hyperactivity disorder, anxiety disorders, depression and suicidality, obsessive—compulsive disorder, eating disorders, and trauma. Ways to involve parents in treatment are addressed throughout.

New to This Edition

- *Presents advances in conceptualizing and treating specific clinical problems.
- *Up-to-date information on treatment manuals and outcome research.
- *Chapters on additional therapies: modular treatments, dialectical behavior therapy, and mindfulness-based interventions.



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