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# Clinical Practice of Cognitive Therapy with Children and Adolescents, Second Edition: The Nuts and Bolts

By Robert D. Friedberg PhD, Jessica M. McClure PsyD



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**Clinical Practice of Cognitive Therapy with Children and Adolescents, Second Edition: The Nuts and Bolts** By Robert D. Friedberg PhD, Jessica M. McClure PsyD

Widely regarded as the definitive practitioner reference and teaching text, this book provides a complete introduction to doing cognitive-behavioral therapy (CBT) with 6- to 18-year-olds. The authors offer a blueprint for formulating cases and tailoring treatment to each child's or adolescent's unique developmental and clinical needs. Coverage includes how to orient children and families to cognitive therapy, structure each session, and implement a wide range of CBT techniques. Rich case material illustrates ways that CBT can help children struggling with specific emotional and behavioral problems. Reproducible forms and handouts can be downloaded and printed in a convenient 8 1/2" x 11" size.

## New to This Edition

- \*Incorporates the latest advances in CBT with youth and gives increased attention to cultural issues, including new case examples.
- \*Chapter on working with patients with autism spectrum disorder.
- \*Chapter on cognitive-behavioral family therapy.
- \*Pull-out boxes throughout that summarize key points.
- \*Epilogue on developing clinical wisdom.

See also the authors' *Cognitive Therapy Techniques for Children and Adolescents: Tools for Enhancing Practice*, which presents creative ways to address challenging problems.



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## **Editorial Review**

### **Review**

"Older and wiser, indeed! Friedberg and McClure begin their book with this acknowledgement. The authors' clinical maturity is apparent in every page of the book, rendering this second edition even more outstanding than the first. Through illuminating case examples and detailed explanations, Friedberg and McClure show in a sophisticated and nuanced manner how to conceptualize and treat childhood disorders using state-of-the-art, evidence-based techniques. For new and seasoned therapists who strive to be as successful as possible in their use of CBT with children and adolescents, this is a 'must-have' book."--Wendy K. Silverman, PhD, ABPP, Director, Yale Child Study Center Program for Anxiety Disorders

"Friedberg and McClure have done it again! The second edition of this classic text on cognitive therapy for youth offers even greater depth and clinical wisdom, with new emphasis on the importance of behavioral enactment and issues of culture in psychotherapy. The strong developmental perspective makes this book essential reading for anyone--from beginning graduate students to seasoned practitioners--interested in how cognitive procedures can be applied flexibly and effectively with children and adolescents. Full of detailed examples and illustrations, the book brings sophisticated concepts to life, making it a resource you will surely turn to again and again."--Bruce F. Chorpita, PhD, Department of Psychology, University of California, Los Angeles

"Friedberg and McClure have produced an excellent second edition of their invaluable guide. This volume not only reflects the authors' additional years of clinical experience and wisdom, but also incorporates scientific advances from the past dozen years. It provides a thorough explanation of fundamental concepts for novice therapists as well as advanced techniques for working with specific diagnostic groups. I will recommend this book to my trainees--I only wish I'd had it when I was in training!"--Mary A. Fristad, PhD, ABPP, Department of Psychiatry and Behavioral Health, The Ohio State University Wexner Medical Center

"This text is one of the best resources I have found for teaching both the theory and practice of CBT for children. The model underlying the approach is fully described and illustrated with numerous case examples. Specific techniques for communicating the theory and facilitating the therapeutic process are provided. Many different therapeutic activities are discussed in detail, including creative applications that children may find interesting and engaging. I have routinely required this book for students in my graduate Child and Adolescent Therapy course and my therapy practicum."--Mary Louise Cashel, PhD, Director of Clinical Training, Department of Psychology, Southern Illinois University

"The book is very readable and contains helpful figures and 'wow' boxes. The authors also include clinical vignettes, which help clarify methodology....This book is well written by experts in the field. It presents a step-by-step approach, with clinical examples and helpful tips."

*(Doody's Review Service 2015-09-25)*

### **About the Author**

Robert D. Friedberg, PhD, ABPP, is Full Professor and Director of the Center for the Study and Treatment of

Anxious Youth at Palo Alto University. Previously, he directed the CBT Clinic for Children and Adolescents and the Psychology Postdoctoral Fellowship Program at Penn State Milton S. Hershey Medical Center. He served as an Extramural Scholar at the Beck Institute for Cognitive Behavior Therapy and is a Founding Fellow of the Academy of Cognitive Therapy. Dr. Friedberg is coauthor (with Jessica M. McClure and Jolene Hillwig Garcia) of *Cognitive Therapy Techniques for Children and Adolescents: Tools for Enhancing Practice*.

Jessica M. McClure, PsyD, is a clinical psychologist and Clinical Director of the Division of Behavioral Medicine and Clinical Psychology at Cincinnati Children's Hospital Medical Center. Dr. McClure has presented, written articles and book chapters, and provided training in CBT with children and adolescents, including those with anxiety, depression, and behavioral disorders.

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#### **Lavone Anderson:**

People live in this new day of lifestyle always aim to and must have the time or they will get lots of stress from both way of life and work. So , when we ask do people have time, we will say absolutely sure. People is human not just a robot. Then we consult again, what kind of activity do you have when the spare time coming to you actually of course your answer will probably unlimited right. Then ever try this one, reading guides. It can be your alternative throughout spending your spare time, the book you have read is definitely Clinical Practice of Cognitive Therapy with Children and Adolescents, Second Edition: The Nuts and Bolts.

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