



Practicing Cognitive Behavioral Therapy with Children and Adolescents: A Guide for Students and Early Career Professionals

David J. Palmiter

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Even the best grounding in the science and principles of psychotherapy can leave students poorly prepared for actual face-to-face work with clients. This important resource is dedicated specifically to increasing the confidence and professional competence of graduate students and early career professionals who use cognitive behavioral therapy (CBT) with children and adolescents. With accessible language, engaging humor, and step-by-step guidance on what to do and when to do it, the author walks learners through the entire clinical process from initial consultation with young clients and their caregivers through the conclusion of treatment. With a focus on promoting joy and meaning, the book also integrates interventions from positive psychology literature with CBT techniques.

The guide is replete with procedural instructions for each step of treatment along with suggested sample language and flexible scripts that can be tailored to the needs of individual clients. Brief rationales for each procedure describe how therapeutic interactions and statements support effective and ethical practices. Evidence-based CBT techniques address issues ranging from mood disorders to anxiety disorders and other internalizing problems and include such skills as externalizing the problem, behavioral activation, physiological calming and mindfulness, and happy/coping thoughts. Strategies that engage families in the therapeutic process are included, providing guidance on how to coach parents and other caregivers to participate in certain interventions, respond well to defiance in youth, and create a supportive environment. Pointers for dealing with common types of resistance from youth and caregivers include specific steps and sample scripts. As a special feature, the use of close-up magic as a tool to facilitate an alliance, overcome resistance, and teach clinical concepts to youth is illustrated throughout the book. Chapters offer ready-to-use forms, templates, worksheets, and client handouts. An ideal resource for the needs of trainees and early career professionals, this engaging text will also interest more seasoned professionals who wish to learn how to do CBT with youth.

Key Features:

- Presents CBT-based and positive psychology techniques specifically for practicum and internship students and other early career professionals
- Fosters the development of confidence and competence in practicing CBT with youth
- Provides easy-to-read, step-by-step guidance including sample scripts that can be easily adapted
- Offers proven strategies for engaging families in the therapeutic process
- Delivers pointers for dealing with common treatment challenges

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