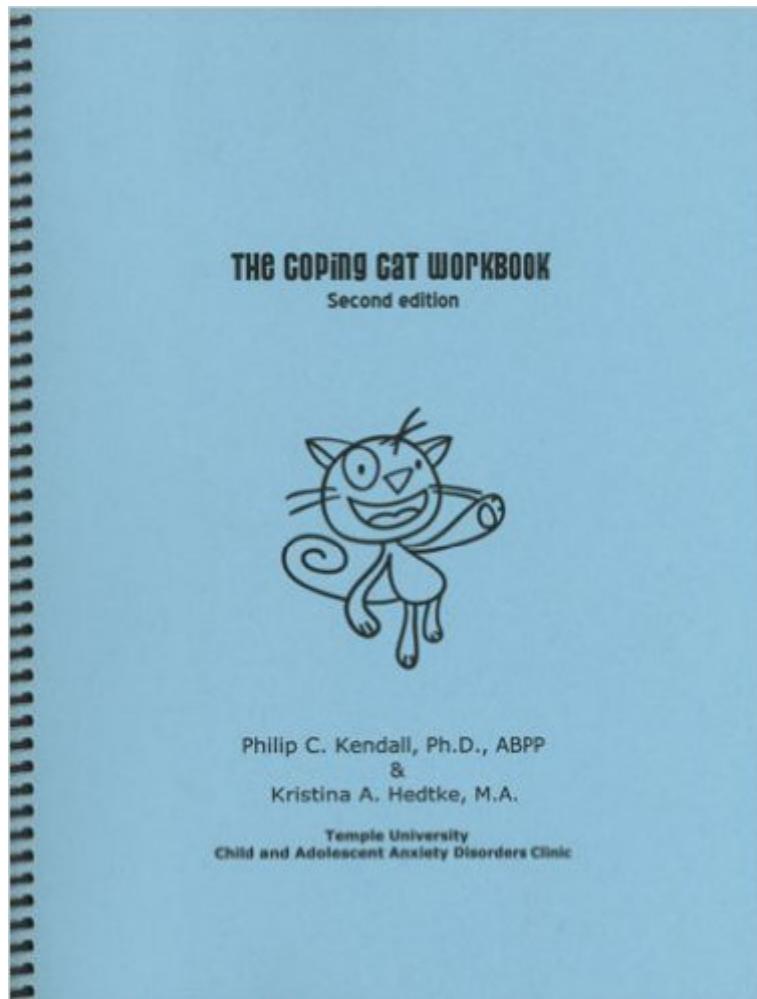


The book was found

Coping Cat Workbook, Second Edition (Child Therapy Workbooks Series)



Synopsis

Empirically-supported CBT to reduce anxious distress in youth. This newest edition is a revision of the original Coping Cat Workbook by Philip Kendall that has been in use since 1992. Sixteen therapy sessions promote coping skills for dealing with anxiety. The program can be adapted for use with individual youth or with groups. Appendices include 'situation cards' with three levels of difficulty, a 'feelings barometer', as well as other cut-outs and a certificate of achievement. Appropriate for a variety of anxiety disorders in youth ages 7-13; for adolescents, use the C.A.T. Project program by the same author.

Book Information

Series: Child Therapy Workbooks Series

Spiral-bound: 81 pages

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Product Dimensions: 0.5 x 8.8 x 11 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (24 customer reviews)

Best Sellers Rank: #5,257 in Books (See Top 100 in Books) #16 inÂ Books > Medical Books > Psychology > Child Psychology #17 inÂ Books > Textbooks > Social Sciences > Psychology > Psychotherapy #30 inÂ Books > Education & Teaching > Studying & Workbooks > Workbooks

Customer Reviews

This book is excellent for therapists that practice cognitive behavioral techniques. It is easy to follow and has clear hands on tools & suggestions that are easily incorporated into practice.

great for small children, the language is simple; older children can do the activities on their own, these are practical tasks and can be assigned as homework between sessions.

As a beginning child therapist, I love this book. It is very clear and easy to use. It is also applicable for a wide range of ages.

I am a clinical psychologist in private practice, working primarily with children and adolescents.

Many of my clients suffer from anxiety, and I have found the Coping Cat program to be a helpful tool to help them learn about CBT theory and practice. The concepts are child-focused and easy to understand, and the take-home activities reinforce the concepts that are introduced during our sessions (even though my clients are not consistent in completing the take-home activities...). Overall, the Coping Cat program is a useful therapeutic tool and I recommend it to other mental health professionals. Please note that therapists will ALSO need to buy the Coping Cat therapist manual, since it does not come with the child workbook.

Our 9 year-old is using this program with his therapist to help identify and cope with his anxiety. Although he's only about halfway through the sessions, he's beginning to recognize his anxiety when it's building and can use some of the tools they're beginning to work on to help stop the anxiety from overwhelming him. The book has many sessions of "prep work" before the actual tools come in to play but it seems to be effective for our son so far. He loves the characters and the assignments. It really should be used with a therapist though as there is much more to the program than just what is in the workbook. So far we're pleased. Hopefully it all comes together over the next few sessions. I'd recommend it for children struggling with anxiety, probably only up to the age of 10 or so though due to the young language and characters.

I work in behavioral health as a TSS. I read the reviews and saw that I didn't have to be a therapist to use it. It's super user friendly and fun to use. I think it's great that the book is designed to use by sections/in order but it doesn't have to be used that way. The kids love the feeling barometer (we call it the feelings wheel) and identifying the different emotions through cartoon exercises. The coping cards and things have me really excited to reuse and reuse. It is really valuable. Nothing I don't like about it.

This workbook was recommended for my granddaughter who has Trichotillomania. It's a great program for teaching kids how to cope with their anxiety rather than pulling out their hair, eyelashes or eyebrows. We are new to Trichotillomania so we've been gathering resources and books to help our granddaughter and her mother.

My daughter with anxiety disorder has found this book very helpful in conjunction with her therapy.

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Coping Cat Workbook, Second Edition (Child Therapy Workbooks Series) Colors & Shapes

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