

Think Good Feel Good A Cognitive Behaviour Therapy Workbook For Children And Young People Psychology

Includes CD-Rom 'This book will educate and enthuse teachers about emotional literacy, while providing them with a host of practical suggestions for working with children to increase awareness, understanding and control of their feelings' - Professor Neil Frude, Clinical Psychologist, Western Mail Translating the theory of emotional literacy into a practical, whole-school approach, this book is written for teachers, psychologists and lecturers wishing to introduce and implement: o the rationale o the practice o the policy development. Drawing on his practical experience as a consultant with a special school, the author provides everything you will need to deliver a full training programme on this subject, including activities and a Powerpoint presentation on a CD-rom. His work explains the importance of considering children's emotional life in school situations and gives practical skills to help nurture children's emotional development. Dr Steve Killick is a Chartered Clinical Psychologist who works in the NHS with young people with severe mental health problems. He has worked in both adult and child mental health and education settings and also works as a consultant and trainer for organisations and individuals. He has recently worked with Headlands School in Wales to produce an emotional literacy programme for organisational change and curriculum development.

Newly updated edition of the highly successful core text for using cognitive behaviour therapy with children and young people The previous edition of Think Good, Feel Good was an exciting, practical resource that pioneered the way mental health professionals approached Cognitive Behaviour Therapy with children and young people. This new edition continues the work started by clinical psychologist Paul Stallard, and provides a range of flexible and highly appealing materials that can be used to structure and facilitate work with young people. In addition to covering the core elements used in CBT programmes, it incorporates ideas from the third wave CBT therapies of mindfulness, compassion focused therapy and acceptance and commitment therapy. It also includes a practical series of exercises and worksheets that introduce specific concepts and techniques. Developed by the author and used extensively in clinical practice, Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People starts by introducing readers to the origin, basic theory, and rationale behind CBT and explains how the workbook should be used. Chapters cover elements of CBT including identifying thinking traps; core beliefs; controlling feelings; changing behaviour; and more. Written by an experienced professional with all clinically tested material Fully updated to reflect recent developments in clinical practice Wide range of downloadable materials Includes ideas for third wave CBT, Mindfulness, Compassion Focused Therapy and Acceptance and Commitment Therapy Think Good, Feel Good, Second Edition: A CBT Workbook for Children and Young People is a "must have" resource for clinical psychologists, child and adolescent psychiatrists, community psychiatric nurses, educational psychologists, and occupational therapists. It is also a valuable resource for those who work with young people including social workers, school nurses, practice counsellors, teachers and health visitors. In Understanding Abnormal Child Psychology, students will learn about both normative and abnormal development throughout children's lives. Consistent with previous editions, several themes run throughout the book: Developmental psychopathology: Children's and adolescents' behaviors are on a continuum (from very adaptive to very maladaptive), with only the very severe ends of the spectrum being conceptualized as disorders. Diversity, inclusion, and understanding: Special attention is given to issues of race/ethnicity, gender, family constellation, religious orientation, primary language, socioeconomic status, and physical differences to help students see the commonalities and differences of abnormal child behavior within a cross-cultural and international context. New to the 4th edition Completely revised in both structure and content to reflect the DSM-5 Increase coverage of risk factors related to long-term effects of sexual abuse and bullying. Increased coverage of diversity to include new "diversities" that have emerged as important, i.e. transgender children New research on suicide and suicide prevention

A powerful and insightful clinical resource for CBT practitioners who work with children and young adults The newly updated and thoroughly revised Second Edition of this companion to Think Good, Feel Good and Thinking Good, Feeling Better delivers guidance for clinicians using the author's seminal workbooks. This companion work builds upon the workbook materials by offering readers instruction on all aspects of the therapeutic process and a wide range of case studies highlighting specific therapies in action. A Clinician's Guide covers topics including parental involvement, key cognitive distortions in children, formulations, challenging thoughts, guided discovery, and the use of imagery. The author also includes a chapter focusing on common potential problems that arise in therapy and strategies to overcome them. The book highlights the underlying philosophy, process, and core skills of employing CBT with children and young people. Readers will appreciate the competency framework, which describes the CORE philosophy, PRECISE process, and the ABCs of specific techniques. The book also includes: Additional materials and handouts for use in therapy, including psycho-educational materials for children and parents on common problems, like depression, OCD, PTSD, and anxiety Downloadable, multi-use worksheets for use in the clinician's therapeutic sessions Practical, real-world case examples that shed light on the techniques and strategies discussed in the book A systematic approach to the use of cognitive behavioural therapy to treat common psychological problems Perfect for professionals and trainees in child and adolescent mental health, like psychiatrists, clinical psychologists, educational psychologists, community psychiatric nurses, and occupational therapists, the book also belongs on the shelves of non-mental health professionals, including school nurses and social workers, who regularly work with children in a therapeutic setting.

Cognitive behavioural therapy has proven to be an effective treatment for anxiety disorders in children and young people. This book provides an overview of CBT and explores how it can be used to help children with anxiety disorders. In Anxiety: Cognitive Behaviour Therapy with Children and Young People Paul Stallard describes the nature and extent of

of activities and problem based learning opportunities. The programme itself also makes use of solution-focused approaches, motivational interviewing techniques, cognitive behaviour therapy strategies and a range of ideas and techniques taken from positive psychology and resilience theory. The wealth of resources offered here make this programme unique and engaging, and will be particularly useful to those who support children with SEN and higher levels of vulnerability.

"The book is primarily written for child mental health professionals, especially psychologists, psychiatrists, mental health nurses, social workers and psychotherapists as well as those training in these fields. The book will also be found helpful by paediatricians and general psychiatrists. It is suitable both for trainees and for those with a more advanced knowledge of the subject"--Provided by publisher.

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