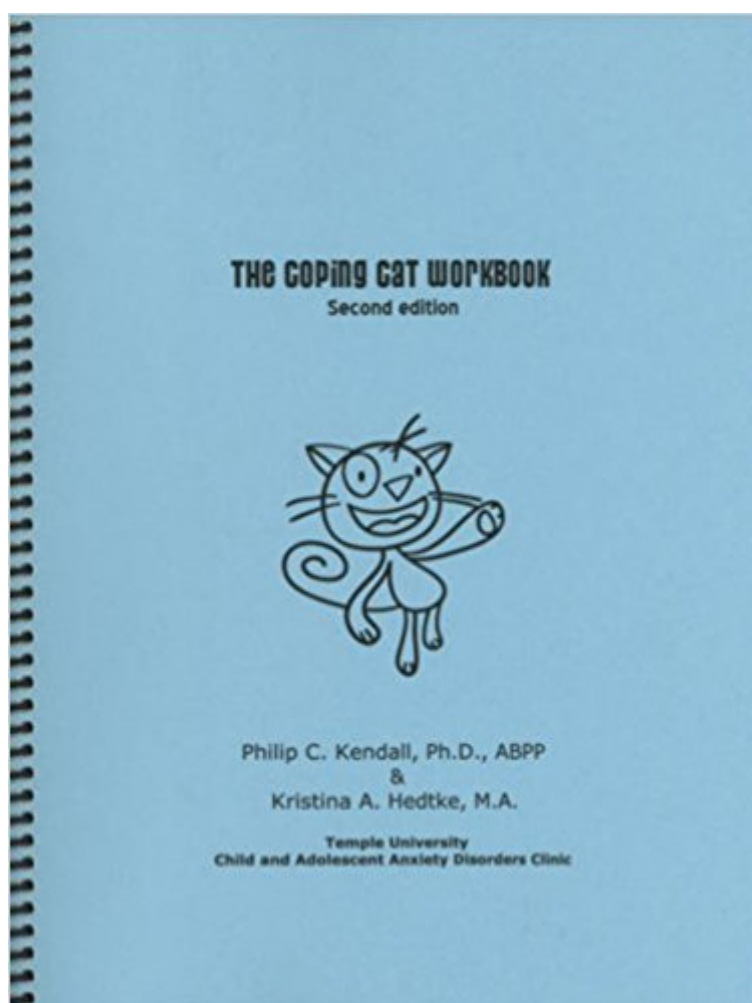


The book was found

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

Publisher: Workbook Publishing; 2nd edition (2006)

Language: English

ISBN-10: 1888805218

ISBN-13: 978-1888805215

Product Dimensions: 0.5 x 8.8 x 11 inches

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

Average Customer Review: 4.5 out of 5 stars 31 customer reviews

Best Sellers Rank: #17,102 in Books (See Top 100 in Books) #82 in [Books > Education & Teaching > Studying & Workbooks > Workbooks](#) #448 in [Books > Education & Teaching > Test Preparation](#) #825 in [Books > Textbooks > Education](#)

Customer Reviews

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.

Great help book, helping to develop needed skills Would recommend to all children. My daughter loves this product! Good for children needing coping skills.

Works great for my son.

Designed for children with anxiety issues. Excellent resource for those who work with children, including parents. Told from the perspective of a cat.

This is great to start kids on talking, managing and coping with anxiety. I have a few kids who find the length of each chapter to long and get easily bored with it.

Goes along with the therapist's manual. Really helps kids with anxiety.

Great model for working with children who are anxious

continuing its use in our pediatric office

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Workbooks) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) The Out-of-Sync Child: Recognizing and Coping with Sensory Processing Disorder (The Out-of-Sync Child Series) Coping with an Organ Transplant: A Practical Guide (Coping With Series) LEE CHILD: SERIES READING ORDER: MY READING CHECKLIST: JACK REACHER SERIES, JACK REACHER SHORT STORIES, HAROLD MIDDLETON SERIES, SHORT STORY COLLECTIONS BY LEE CHILD, LEE CHILD ANTHOLOGIES Cancer: Coping With Cancer: How To Cope When A Loved One Has Cancer Without Any Grieving (Cancer,Coping With Cancer,Cancer Books,Breast Cancer,Colon Cancer,Lung ... Cure,Prostate Cancer,Cancer Prevention) The Weight Loss Surgery Coping Companion: A Practical Guide for Coping with Post-Surgery Emotions

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