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# **Coping Cat Manual**

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~~Anxiety in Children  
and Adolescents~~

Coping Cat

Workbook, Second  
Edition Child

Therapy

Workbooks Series

*Coping Cat: Cognitive-  
Behavioral*

*Therapy for*

*Anxious Children*

*HOW TO PRINT*

*AND BIND A BOOK*

*(EASY!) Philip C.*

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Adolescent  
Anxiety Disorders  
EDPS 6115 -  
*Coping Cat Session  
2* ~~EDPS 6115~~  
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Coping Cat for  
Childhood Anxiety  
(2019) **The most  
important scroll  
saw technique.**

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Tiara Coping Cat  
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Anxiety*

Depersonalization  
Symptoms: 10  
Most Common (+  
How To Deal With  
Them!) Een



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Medicijn Tegen  
Depressie **HOW  
TO PRINT AND  
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EASY METHOD**

**2019** ~~Generalized  
Anxiety Disorder:  
The CBT Approach~~  
*Marsha Linehan,  
Ph.D., ABPP -  
Balancing  
Acceptance and  
Change: DBT and  
the Future of Skills*

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Earthquake,  
According to  
Experts David  
Sinclair Is~~

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Lifespan | Rich Roll  
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Manual*

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include “The  
Coping Cat  
Workbook”, for use

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Manual  
with anxious youth  
and "The C.A.T.  
Project" for use  
with anxious  
adolescents.

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for therapists For  
mental health  
professionals,  
counselors,  
educators, or those  
seeking written  
information about  
treatment

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Manual to help youth with emotional, cognitive, and behavioral problems.

*Coping Cat -  
Workbook  
Publishing , Inc.*

This newest edition is a revision of the original Coping Cat Workbook by Philip

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Manual 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.

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*Workbook, Second Edition (Child Therapy ...*

1-16 of 58 results for "coping cat therapist manual"  
Price and other details may vary based on size and color. Cognitive-Behavioral Therapy for Anxious Children: Therapist Manual, Third

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Manual by Philip C.  
Kendall and  
Kristina A. Hedtke |  
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conducted on how  
to implement  
Coping Cat as



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*CEBC » Coping Cat  
> Program >  
Detailed*

Coping Cat. is a cognitive-behavioral treatment for children with anxiety. The program incorporates 4 components: •  
Recognizing and

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## PDF Coping Cat

Manual  
Understanding  
emotional and  
physical reactions  
to anxiety •

Clarifying thoughts  
and feelings in  
anxious situations

- Developing plans  
for effective coping

- Evaluating  
performance and  
giving self

-reinforcement .

### Coping Cat

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*See scale of 1-5*

*Child Welfare*

*System Relevance*

*Level: Medium*

The Coping Cat program is a CBT manual-based and comprehensive treatment program for children from 7 to 13 years old with separation anxiety disorder,

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Manual  
social anxiety disorder, generalized anxiety disorder, and/or related anxiety disorders. It was designed by Philip C. Kendall, PhD, ABPP, and colleagues at the Child and Adolescent Anxiety Disorders Clinic at Temple University.

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Treatment manual

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Manual  
describing a  
16-session  
program for the  
treatment of  
anxiety disorders,  
specifically  
generalized anxiety  
disorder, social  
phobia, and  
separation anxiety  
disorder, in  
children ...

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Mychailyszyn, M.,  
Edmunds, J., Puleo,  
C. M., & Kendall, P.  
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*Child Anxiety Tales*  
*- Books and*  
*Therapist Manuals*  
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The Coping Cat  
Therapist: Session-  
By-Session Guide  
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health.

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*Child Anxiety Tales  
- Therapist Training  
Resources*

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Therapist Manual -  
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.com*

This therapist manual describes the general strategies used in the treatment of anxiety in children (e.g., exposure tasks, homework,

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Manual (changing anxious self-talk, etc.). The treatment manual is coordinated with the Brief Coping Cat: The 8-Session Coping Cat Workbook. There is a chapter devoted to each of the sessions that appear in the accompanying workbook, and

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Manual  
Each chapter provides stated goals and explains the rationale for the treatment activities.

*Workbook*  
*Publishing, Inc.*  
That study utilized the Coping Cat [now called C.A.T. Project for youth aged 12-18]



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Manual  
treatment manual  
to examine  
predictors and  
moderators of  
treatment  
outcomes among  
youths meeting  
criteria for  
diagnoses of  
separation anxiety  
disorder, social  
phobia, or  
generalized anxiety  
disorder who were

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randomly assigned  
to receive either  
Coping Cat,  
sertraline (SRT),  
their combination  
(COMB), or  
medication  
management with  
pill placebo (PBO)  
in the  
Child/Adolescent  
Anxiety Multimodal  
Study (CAMS).

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CEBC » C A T

*Project* > *Program* >  
*Detailed*

Brief Coping Cat:  
Therapist Manual  
for the 8-Session  
Workbook:

Resources for  
Parents: The  
Coping Cat Parent  
Companion: Libro  
de

Acompañamiento  
para los Padres

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para el Programa El  
Gato Valiente:  
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for Therapists: Cog  
nitive-Behavioral  
Therapy for  
Anxious Children:  
Therapist Manual,  
3rd Edition

- *Workbook*  
*Publishing, Inc.*  
*Home of the*  
*Coping Cat and ...*  
*Page 36/59*

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Problem solving  
benefits (2)

Already a  
component of  
several evidence-  
based treatments,  
including anxiety  
treatments: Coping  
Cat: Kendall, P.C.  
(2006) Coping Cat  
Workbook, 2nd Edit  
ion.[www.workbook  
publishing.com](http://www.workbookpublishing.com);

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*Katharina*

*Manassis, MD,  
FRCPC Professor of  
Psychiatry, U ...*

The Coping Cat program is one example of CBT for youth anxiety: it consists of 16 sessions, follows a therapist manual (Kendall & Hedtke, 2006a) and uses a client workbook

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## PDF Coping Cat

(Kendall & Hedtke, 2006b).. However, we offer suggestions on how to adapt either treatment (i.e., Coping Cat and C.A.T. project) for adolescents.

*The c.a.t project manual pdf - BitBin*

Overall, the Coping Cat program is a

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Manual  
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.



# Download File PDF Coping Cat Manual

Presents 16 sessions and activities for children to practice recognizing feelings and physical reactions to anxiety in different situations.

Treatment manual

*Page 41/59*

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Manual  
describing a  
16-session  
program for the  
treatment of  
anxiety disorders,  
specifically  
generalized anxiety  
disorder, social  
phobia, and  
separation anxiety  
disorder, in  
children and young  
adolescents.  
Treatment's goal is

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PDF Coping Cat  
Manual

to teach children to recognize signs of unwanted anxious arousal and to follow that recognition with the use of anxiety management strategies.

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**Manual** and  
Braswell have  
designed and  
developed specific  
procedures that  
can improve  
children's self-  
control and reduce  
their impulsivity. In  
this second edition,  
the authors both  
expand and focus  
the application of  
their program,

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**Manual** involving parents and teachers to a greater extent, making greater use of hands-on workbook materials, and adapting and implementing procedures for children with a wide range of behavior problems linked to

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Impulsivity. The present edition also provides, in greater detail, descriptions of treatment strategies, in-session therapy materials, case examples, and illustrative transcripts. This book will be of great value to child

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Manual  
and family  
psychologists,  
social workers,  
educators, and  
psychiatrists, as  
well as parents,  
pediatricians,  
classroom  
teachers, and  
others who  
frequently  
encounter  
impulsive children.  
This book also

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**Manual** serves as an excellent ancillary text for courses in clinical child psychology, school psychology, educational interventions, applied developmental psychology, and other mental health related classes.



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Presents sessions, lessons and take-home activities for teens with anxiety, in order to examine the emotions and physical feelings that occur in different situations.

This practical  
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Manual presents a cognitive-behavioral treatment program that has been proven effective in eliminating or alleviating OCD symptoms in children across a broad range of ages and aptitudes. Building upon and

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Manual  
expanding their internationally acclaimed HOW I RAN OCD OFF MY LAND, the authors provide an empirically grounded guide to assessment, treatment planning, and skills-based intervention. Clinicians are taken through the four

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Manual of treatment--psychoeducation, cognitive training, mapping OCD, and graded exposure and response prevention--in 13 to 20 clearly structured treatment sessions. The book is enriched by sample dialogues, "clinical pearls" drawn from

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Manual  
the authors' own  
experience, and  
appendices  
featuring  
reproducible rating  
scales, patient  
handouts, and tips  
and resources for  
parents.

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all children  
meeting the

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Manual  
criteria for an anxiety disorder, these disorders are among the most common psychiatric problems experienced by schoolage kids, and can significantly interfere with their family and peer relationships and their performance

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This new edition of Cognitive Behavioral Therapy with Children links together the methods of cognitive behavioral therapy (CBT) practiced in academic centers as well as the community. This



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Manual addresses the challenges community practitioners face when pressured to use CBT with youth who live with mental health disorders, but whose circumstances differ from those in research settings. Practitioners will

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Manual  
learn how to overcome therapeutic obstacles. This new edition contains an expanded discussion on cultural considerations relevant to assessment and treatment, as well as a new chapter on training others

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