



# **Child and Adolescent Therapy, Fourth Edition: Cognitive-Behavioral Procedures**

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# Child and Adolescent Therapy, Fourth Edition: Cognitive-Behavioral Procedures

## Child and Adolescent Therapy, Fourth Edition: Cognitive-Behavioral Procedures

Widely regarded as the definitive clinical reference and text in the field, this authoritative volume presents effective cognitive-behavioral approaches for treating frequently encountered child and adolescent disorders. The editor and contributors are leading experts who provide hands-on, how-to-do-it descriptions illustrated with clinical examples. Relevant theories and research findings are explained, and exemplary treatment manuals and client workbooks reviewed. Coverage encompasses evidence-based treatments for aggression, attention-deficit/hyperactivity disorder, anxiety disorders, depression and suicidality, obsessive-compulsive disorder, eating disorders, and trauma. Ways to involve parents in treatment are addressed throughout.

### New to This Edition

- \*Presents advances in conceptualizing and treating specific clinical problems.
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- \*Chapters on additional therapies: modular treatments, dialectical behavior therapy, and mindfulness-based interventions.

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