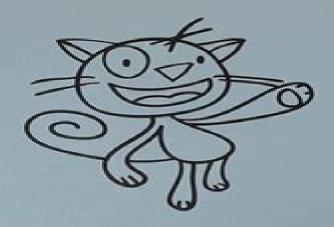
# THE COPING CAT WORKBOOK

Second edition



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# **Coping Cat Workbook**

**Philip C. Kendall** 

# **Coping Cat Workbook:**

Coping Cat Workbook Philip C. Kendall,1992-01-01 Coping Cat Workbook Philip C. Kendall,2006-01-01 Presents 16 sessions and activities for children to practice recognizing feelings and physical reactions to anxiety in different situations

**Coping Cat Notebook** Philip C. Kendall,1994 **Coping Cat Workbook** Philip C. Kendall,Kristina A. Hedtke,2025-10 Empirically supported CBT to reduce anxious distress in youth This newest edition is a colorful 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 126 pages

Brief Coping Cat Philip C. Kendall,2013 Psychotherapy for Children and Adolescents John R. Weisz,2004-02-23 In this book a clinical scientist highlights youth psychotherapies that have been tested and shown to work Treatments for fears and anxiety depression attention deficits and ADHD and conduct problems and disorder are described in detail their conceptual basis explained their clinical application illustrated by richly developed case examples and their prospects for use in clinical practice examined closely This clinical perspective is complemented by summaries and critiques of the empirical evidence on each treatment and by commentaries on what questions remain unanswered The author's clinical and scientific experience converge to produce a uniquely valuable experience on exemplary treatments for children and adolescents

Coping Cat Therapist Manual Philip C. Kendall,Kristina A. Hedtke,2025-10 The fourth edition applies new colorful artwork to the same empirically supported Coping Cat program There is a chapter devoted to each of the sixteen therapy sessions that appear in the Coping Cat Workbook with explanations of and a rationale for the activities It features tips for not only practicing therapists but also the newer therapist working with the anxious youth Also provided is a description of strategies for dealing with potential difficulties e g noncompliance Age 7 13 90 pages ISBN 979 8 9925684 4 8 2025

<u>Practitioner's Guide to Emotion Regulation in School-Aged Children</u> Gayle L. Macklem,2007-12-03 Emotion regulation skills should be mastered by early childhood but many enter school with deficits that may not have been addressed effectively or early enough This vital new text presents in depth background and practical information on the subject so school professionals can craft interventions that are developmentally appropriate and timely It also offers practical tools that can be taught to children and shared with parents and teachers **Brief Coping Cat** Philip C. Kendall,2013 *Handbook of Cognitive-Behavioral Therapies, Third Edition* Keith S. Dobson,2009-11-12 This book has been replaced by Handbook of Cognitive Behavioral Therapies Fourth Edition ISBN 978 1 4625 3858 4

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