

Cognitive-Behavioral Therapy for Anger and Aggression in Children



Denis G. Sukhodolsky and Lawrence Scahill

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**Stephanie Felgoise, Arthur M.
Nezu, Christine M. Nezu, Mark A.
Reinecke**

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Cognitive-Behavioral Therapy for Anger and Aggression in Children Denis G. Sukhodolsky, Lawrence Scahill, 2012-07-24 This highly practical book presents an evidence based individual therapy approach for children and adolescents experiencing anger problems Comprising 10 child sessions and three parent sessions the treatment addresses anger management problem solving and social skills Sessions are described in step by step detail complete with helpful case examples and therapist scripts The authors show how to flexibly implement a range of cognitive and behavioral strategies while maintaining treatment fidelity Reproducibles include 38 worksheets and handouts plus therapist checklists and parent forms all in a convenient large size format for easy photocopying

Cognitive-Behavioral Therapy for Anger and Aggression in Children Denis G. Sukhodolsky, Lawrence Scahill, 2012-07-02 This highly practical book presents an evidence based individual therapy approach for children and adolescents experiencing anger problems Comprising 10 child sessions and three parent sessions the treatment addresses anger management problem solving and social skills Sessions are described in step by step detail complete with helpful case examples and therapist scripts The authors show how to flexibly implement a range of cognitive and behavioral strategies while maintaining treatment fidelity Reproducibles include 38 worksheets and handouts plus therapist checklists and parent forms all in a convenient large size format for easy photocopying

Helping Schoolchildren Cope with Anger Jim Larson, John Edward Lochman, 2010-01-01 Children

Treating Conduct Disorder Using Cognitive-Behavioral Therapy for Anger and Aggression in Children: A Case Study of a Male Juvenile Offender Jacie Harris, 2018 Conduct Disorder CD is often diagnosed in over half of males who are in correctional facilities Teplin Abraham McClelland Dulcan Merical 2002 Furthermore CD has been found to increase rates of recidivism when left untreated Underwood Washington 2016 However empirically supported treatments for CD support the use of systemic therapies which are not available in correctional facilities Henggeler Sheidow 2012 Mental Health Division 2006 Due to this anger and aggression have been identified as being important influential factors in learning how to effectively manage the symptoms of CD Henwood et al 2015 Barkley 2013 The present study used the Cognitive Behavioral Therapy for Anger and Aggression in Children CBT AAC treatment manual with a 15 year old African American male who was incarcerated in a juvenile correctional facility Sukhodolsky Scahill 2012 Results indicated his levels of anger and aggression had decreased after completing all ten weekly sessions as he was receiving less Disciplinary Reports DR and Verbal Reprimands VR The present study did have some limitations including the offender s involvement in an anger management group during treatment and his opposition when completing the assessments A discussion of the strengths and weaknesses of the present case study are also provided

Encyclopedia of Cognitive Behavior Therapy Stephanie Felgoise, Arthur M. Nezu, Christine M. Nezu, Mark A. Reinecke, 2006-06-18 One of the hallmarks of cognitive behavior therapy is its diversity today Since its inception over twenty five years ago this once revolutionary approach to psychotherapy has grown to

encompass treatments across the full range of psychological disorders The Encyclopedia of Cognitive Behavior Therapy brings together all of the key aspects of this field distilling decades of clinical wisdom into one authoritative volume With a preface by Aaron T Beck founder of the cognitive approach the Encyclopedia features entries by noted experts including Arthur Freeman Windy Dryden Marsha Linehan Edna Foa and Thomas Ollendick to name but a few and reviews the latest empirical data on first line therapies and combination approaches to give readers both insights into clients problems and the most effective treatments available Common disorders and conditions anxiety depression OCD phobias sleep disturbance eating disorders grief anger Essential components of treatment the therapeutic relationship case formulation homework relapse prevention Treatment methods dialectical behavior therapy REBT paradoxical interventions social skills training stress inoculation play therapy CBT medicine combinations Applications of CBT with specific populations children adolescents couples dually diagnosed clients the elderly veterans refugees Emerging problems Internet addiction chronic pain narcolepsy pathological gambling jet lag All entries feature reference lists and are cross indexed The Encyclopedia of Cognitive Behavior Therapy capably fills practitioners and educators needs for an idea book teaching text or quick access to practical workable interventions

Handbook of Psychotherapies with Children and Families Sandra W. Russ, Thomas H. Ollendick, 2013-11-11 The aim of this book on psychotherapies with children and families is to present a comprehensive overview of the current array of intervention approaches in the child mental health field There is a focus on the integration of theory research and practice throughout the book The book proceeds from the more global presentations of basic theoretical approaches to applications of these approaches with specific problems and populations It then presents more integrated intervention approaches and overviews of the research literature One of the unique features of this book is its focus on future directions for each approach both in clinical practice and in research A second unique feature is its structured format across diverse approaches with a focus on empirical validation of approaches Another innovation is the presentation of interventions that integrate major components of different theoretical approaches Thus the book reflects the current trends in the field of interventions with specific problems and populations empirical validation of the approach and the integration of treatment approaches There are five major sections in this book Part I consists of four chapters that address a variety of issues related to child psychotherapy Chapter 1 by the editors examines the historical roots of child psychotherapy and explores current trends in the treatment of diverse child disorders It emphasizes the movement to treatments that work and sets the stage for the chapters that follow

Cognitive Behavioral Therapy in Schools Linda Raffaele Mendez, 2016-11-10 In recent years many U S schools have implemented tiered models of support to address a range of student needs both academic and behavioral while cognitive behavioral therapy CBT has simultaneously gained popularity as an effective means of supporting the mental health needs of students Cognitive Behavioral Therapy in Schools provides school based practitioners with the necessary skills to determine students mental health needs establish a tiered CBT based

system of supports select appropriate programs at Tiers 1 2 and 3 deliver CBT using various formats to students who are at risk or demonstrating problems progress monitor multiple tiers of service and work collaboratively with teachers administrators and families

Handbook of Child and Adolescent Treatment Manuals Craig W. LeCroy, 1994 In the field of child and adolescent therapy there are numerous books describing theories and techniques of treatment Until now there has been no clear presentation of how such theories translate into day to day practice Craig LeCroy offers specific treatment manuals for carrying out particular programs including group treatment for children of divorce for social skills training and for the prevention of drug use as well as treatment of childhood anxiety and depression of academic problems of conduct disorders and for anger management among others Each treatment manual is based on extensive field testing by the author The Handbook of Child and Adolescent Treatment Manuals provides practitioners students and researchers with specific methods and procedures used with children and adolescents Each chapter is a specific treatment guide that has been tested and carefully refined through use presenting concrete step by step instructions for effectively treating various child and adolescent behavior problems The book covers the major clinical disorders and social problems facing children and adolescents as well as new developments and refinements in the treatment of these problems Experts in the field provide descriptions of treatment approaches for rational emotive therapy with children social skills training anger control training adolescent relapse prevention divorce adjustment groups parent adolescent conflict and more The Handbook of Child and Adolescent Treatment Manuals is designed to be an important reference handbook for practitioners in various child and adolescent settings including schools mental health clinics residential treatment centers group homes family service agencies and juvenile correction centers

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Cognitive-Behavior Therapy for Children and Adolescents Robert L. Findling, 2012 Guidance for integrating parents and families into the child's treatment is shared for every disorder covered in the book The book offers a well organized explication of innovative effective methods and tools Videos on the accompanying DVD provide an excellent companion demonstration of some of these techniques with different ages and disorders

Preventing Childhood Disorders, Substance Abuse, and Delinquency Ray DeV Peters, Robert J. McMahon, 1996-06-18 Outcome studies have shown that treatment does not work if administered too late Preventing Childhood Disorders Substance Abuse and Delinquency presents the newest research on the effectiveness of prevention and early intervention programs with children from birth to adolescence The contributors to this volume examine the theory and practice of leading programs designed to prevent social and behavioral problems including violence and substance abuse in children and adolescents The innovative programs analyzed here focus on social skills training for children with conduct disorders anger coping group work for aggressive children parent training programs life skills training for substance abuse prevention and programs for high risk youth and rural populations All designed to intervene before the onset of disorders or to deal effectively with problems when they first

appear many of the programs also emphasize strengthening family school and community involvement for successful risk reduction Clinical psychologists and human services professionals who work with children and youths will find Preventing Childhood Disorders Substance Abuse and Delinquency illuminating This book also will be of interest to policy makers who are looking for more effective and efficient interventions to child and adolescent problems

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