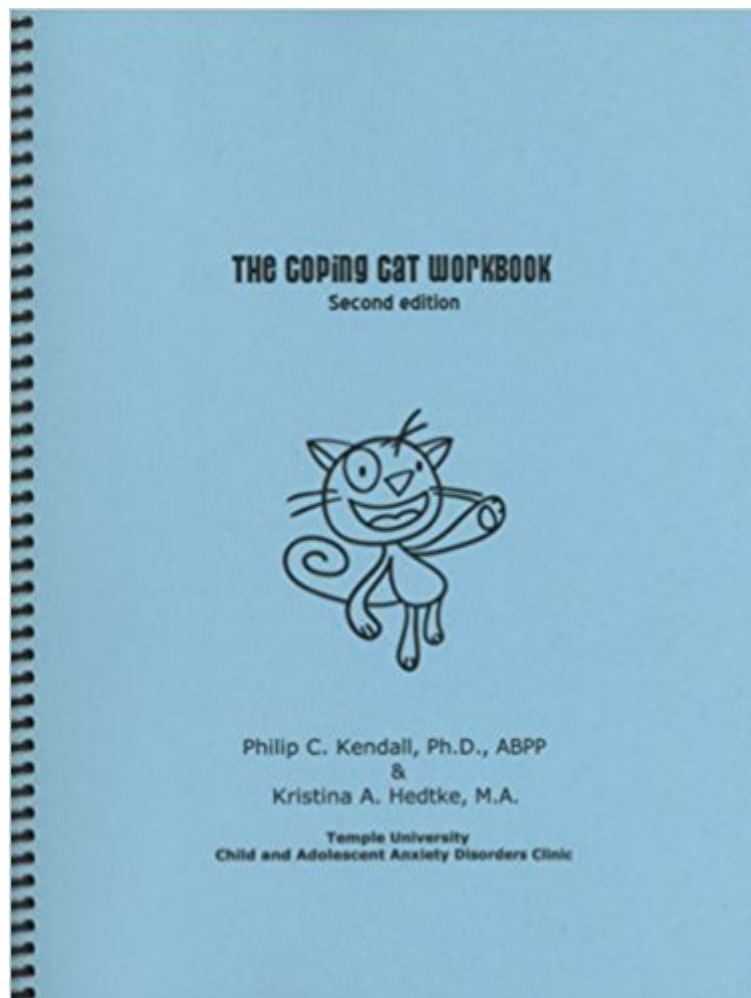




The book was found

# 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

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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 &

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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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Coping Cat Workbook, Second Edition (Child Therapy Workbooks Series) Cats: Cat Breeding for beginners - Cat Breeding 101 - Cat Breeds and Types, Cat Breeding, Training, Whelping (Cat people Books - Cat Breeds - Cat Lovers Books) CAT CARE: BEGINNERS GUIDE TO KITTEN CARE AND TRAINING TIPS (Cat care, cat care books, cat care manual, cat care products, cat care kit, cat care supplies) Very Cutest Cat Cutest Kittens Cats Photobook for Kids Cat Memes Baby Kittens Cats Photobook, Cat Sebastian, Cat bybee, Cat) Vol.2 (Photo book) Very Cutest Cat Cutest Kittens Cats Photobook for Kids Cat Memes Baby Kittens Cats Photobook, Cat Sebastian, Cat bybee, Cat) Vol.3 (Photo book 1) Pete the Cat Audio CD Pack : Includes 3 Audio CDs : Pete the Cat and His Four Groovy Buttons CD / Pete the Cat: I Love My White Shoes CD / Pete the Cat: Rocking in My School Shoes CD (Pete the Cat Audio CDs) The Complete Cat Care Guide For the New Cat Owner: Basic Details On Caring for Cats And Kittens Including Information On Cat Breeds, Cat Diet, Cat ... Possible Care and Keep Him Happy And Healthy Colors & Shapes (Brighter Child Workbooks Brighter Child Preschool Workbooks) Cutest Kittens: 1500+ Picture Cutest Kittens Cats Photobook for Kids Lv.3 (BABY KITTENS Cats Dogs Cute Fluffy Animals For Children ,Cat Memes,cat photobook ... sebastian,cat bybee,Cat School,Cutest Kitt) Pete the Cat Set (Pete the Cat I Love My White Shoes, Pete the Cat Rocking in My School Shoes, and Pete the Cat and His Four Groovy Buttons) by Eric Litwin (2013) Paperback Who Is That, Cat the Cat? (Cat the Cat Mini) Coping Skills for Kids Workbook: Over 75 Coping Strategies to Help Kids Deal with Stress, Anxiety and Anger The Chronic Pain Control Workbook: A Step-By-Step Guide for Coping with and Overcoming Pain (New Harbinger Workbooks) The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help

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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