



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

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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.
- *Up-to-date information on treatment manuals and outcome research.
- *Chapters on additional therapies: modular treatments, dialectical behavior therapy, and mindfulness-based interventions.

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Editorial Review

Review

"The question of how to improve on a classic is expertly answered by Kendall and his stellar team of contributors. The fourth edition of *Child and Adolescent Therapy* is even more clinician friendly without sacrificing any of the scientific rigor we have come to expect. Chapters have been updated with the latest advances and enhanced clinical examples. This is an ideal text for graduate students learning cognitive-behavioral approaches as well as experienced clinicians looking to expand their knowledge. Set aside space on your bookshelf for this peerless work."--Robert D. Friedberg, PhD, ABPP, Professor and Director, Center for the Study and Treatment of Anxious Youth, Palo Alto University

"This book continues to set the standard for evidence-based cognitive-behavioral therapy (CBT) with children and adolescents. Cutting-edge issues and new developments are evident throughout the fourth edition. The stellar group of contributors cover best CBT practices across a wide range of clinical problems and domains. The volume elegantly captures the dynamic integration of cognition, emotion, action, developmental change, social context, and clinical process that characterizes CBT today. The result is an exceptional volume that is current, sophisticated, rigorous, practical, detailed, and engaging, with many case examples and clinical aids. I highly recommend this book both as a reference for mental health professionals who wish to incorporate CBT concepts and procedures into their clinical practice with children and adolescents, and as an invaluable text for advanced undergraduate- and graduate-level courses. Kudos to Kendall for yet another outstanding contribution!"--Eric J. Mash, PhD, Department of Psychology, University of Calgary, Canada, and Department of Psychiatry, Oregon Health & Science University

"Broad, scholarly, and practical, this book is an important addition to the literature. From an opening discussion of the critical role of theory in guiding treatment, through in-depth reviews of evidence-based approaches to treating an array of clinical problems, Kendall and his contributing authors provide a masterful review of contemporary CBT with children and adolescents. New material in the fourth edition points toward the future of the field. Maintaining a nearly perfect balance of science and clinical insight, this is a valuable resource for clinicians and clinical researchers and an informative text for students of child psychopathology and child therapy. An exceptional volume."--Mark A. Reinecke, PhD, ABPP, Department of Psychiatry and Behavioral Sciences, Northwestern University

"This essential volume appears at a key moment in the field of child and adolescent therapy. As clinical psychology moves toward dissemination of evidence-based practices (EBPs), the fourth edition offers updated, clear, applicable information about EBPs, as well as information on strategies and challenges inherent in transporting EBPs to practicing clinicians. Clinical and school psychologists and others interested in disseminating treatments that work for children and adolescents will find this resource to be invaluable."--Torrey A. Creed, PhD, Department of Psychiatry, University of Pennsylvania School of Medicine

"This book covers the most common problems that clinicians will see in their practices. It is easy to read and practical with helpful vignettes that demonstrate how the therapy is applied. The editor is one of the movers and shakers in CBT today. This is a valuable resource for both novice and experienced therapists. This fourth edition has updated chapters and covers new material, such as DBT and mindfulness-based interventions."
(*Doody's Review Service* 2011-08-03)

"Represents the current state of the art of the theoretical and empirical knowledge base in psychological interventions with youth."

(*PsycCRITIQUES* 2011-08-03)

"Clinicians, scientists, students, and anyone who has an interest in treating children with serious behavior problems should find this book invaluable as a reference."

(*Journal of Cognitive Psychotherapy* 2011-08-03)

"An excellent text on cognitive-behavioral (CBT) procedures for the most prevalent childhood and adolescent disorders....Written by some of the leading researchers of CBT-based interventions for children and adolescents, the chapters in this book consist entirely of evidence-based practices....Once again, Kendall has compiled an invaluable book that provides an overview of evidence-based CBT practices for a wide range of presenting problems that will appeal to a diverse readership. I would consider this book to be an essential text for any clinician practicing CBT-based therapy for child and adolescents, as well as clinical researchers. For those familiar with CBT principles, this text provides enough information that many interventions could be implemented after review of the resources outlined in each chapter. The interventions are outlined in accessible and easy-to-follow language that makes the chapters approachable for those who may not currently use CBT or those who are new to CBT for children and adolescents. This book would also likely serve as a useful text for graduate-level courses on child and adolescent psychotherapy as well as cognitive-behavioral therapies."

(*British Journal of Psychology* 2013-10-16)

About the Author

Philip C. Kendall, PhD, ABPP, is the Laura H. Carnell Professor and a Distinguished University Professor of Psychology at Temple University, where he is also Director of the Child and Adolescent Anxiety Disorders Clinic. Dr. Kendall has been a researcher, scholar, and clinician for 35 years. His contributions include seminal work on the treatment of anxiety disorders in youth; cognitive-behavioral theory, assessment, and treatment; research methodology; and the conceptualization and understanding of the psychopathology and treatment of children and adolescents. With more than 450 research publications and books, Dr. Kendall has been a Fellow at the Center for Advanced Study in the Behavioral Sciences and has received numerous other awards, including the inaugural Research Recognition Award from the Anxiety Disorders Association of America and Distinguished Career Research Awards from the Society of Clinical Child and Adolescent Psychology (Division 53) and the Society of Clinical Psychology (Division 12) of the American Psychological Association.

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