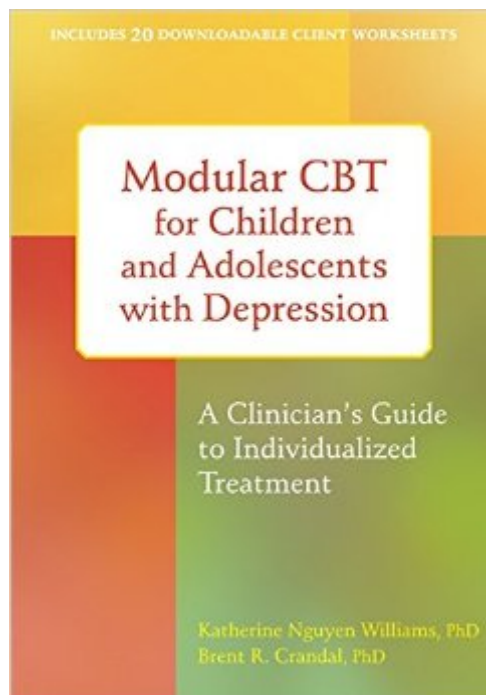


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# Modular CBT For Children And Adolescents With Depression: A Clinician's Guide To Individualized Treatment



## Synopsis

Treating adolescents with depression is challenging. This breakthrough book offers a new, cutting-edge treatment for children and teens with depression using a modular cognitive behavioral therapy (CBT) approach. Modular CBT for Depressed Children and Adolescents offers a user-friendly, step-by-step transdiagnostic approach to help you treat youths whose depression presents in diverse ways. This manual offers a compelling rationale for using modular cognitive behavioral therapy (CBT), a brief overview of the limitations in community mental health that led to the development of the modular approach, distinctions from standard CBT, and a review of the current research supporting the effectiveness of this treatment. Guided by innovative research and best practices, this book provides practical steps for creating a personalized treatment approach for each client that incorporates safety needs, symptoms presentation, etiology, cultural and spiritual background, and family factors. You will also find tools to create a pragmatic conceptualization that can be coupled with the specialized treatment interventions of modular CBT. If you are looking for a detailed, session-by-session treatment program that includes specific instructions on how to use the modular approach to meet the individualized needs of your clients, this book will be your guide.

## Book Information

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## Customer Reviews

This book is a game changer in utilizing CBT for Adolescents with Depression. The therapy modules are clear and easy to follow. Williams and Crandal provide a step-by-step easy to follow treatment plan that will aid even the most experienced clinician in treating children and adolescents

with depression. This is a MUST for all therapist!

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