



Cognitive-Behavioral Therapy for Anxious Children: Therapist Manual, Third Edition

Philip C. Kendall, Kristina A. Hedtke

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This therapist manual provides an overview of the general strategies used in the treatment of anxiety in children. The treatment manual is coordinated with the revised Coping Cat Workbook by the same authors; 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. Of applied interest, practicing therapists have provided tips for the newer therapist working with the anxious youth. Also provided is a description of strategies for dealing with potential difficulties (e.g., noncompliance).

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