



# **Practica clinica de terapia cognitiva con ninos y adolescentes/ Clinical Practice of Cognitive Therapy with Children and Adolescents (Spanish Edition)**

*Robert D. Friedberg, Jessica M. McClure*

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Este volumen práctico y dinámico constituye una guía completa para la terapia cognitiva con niños y adolescentes. Dentro de un marco teórico bien definido, los autores explican cómo adaptar los principios y procedimientos de la terapia cognitiva a las necesidades individualizadas de niños que presentan una amplia variedad de problemas. Introduciendo paso a paso al lector en el manejo de situaciones clínicas sencillas y otras más complicadas, el libro incluye muchos ejemplos que ilustran lo que debe hacer un profesional experimentado en estos casos. A lo largo de todo el texto, se explica cómo adaptar cada técnica a pequeños de edades diferentes, yendo más allá de la aplicación de tratamientos «para todos». Una inestimable guía, este libro constituye un verdadero manual para los profesionales que se inician en la práctica y un catálogo de ideas nuevas para los más experimentados en el campo.

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