



Depression: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families)

Chrissie Verduyn, Julia Rogers, Alison Wood

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In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely impair young people in many aspects of their life, school, peer and social relationships, and frequently persists into adulthood.

Depression: Cognitive Behaviour Therapy with Children and Young People provides an accessible guide to recognising and treating depression in young people. Based on a successful manual developed for research trials, this book presents an overview of a cognitive behavioural model for working with this age group, as well as practical ideas about how to start therapy. Topics covered include:

- engaging young people
- setting goals for therapy
- cognitive behaviour assessment and formulation
- solutions for problems practitioners may face
- encouraging parents and agencies to support therapy.

Depression includes case examples and practical tips to prepare the practitioner for working with young people. Information is presented in a readable and practical style making this book ideal for professionals working in child and adolescent mental health services, as well as those in training. It will also be a useful guide for people working in community services for young people.

Online resources:

The appendices of this book contain worksheets that can be downloaded free of charge to purchasers of the print version. Please visit the website to find out more about this facility

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Mark Armstrong:

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Brandon Huff:

Hey guys, do you would like to finds a new book to study? May be the book with the subject Depression: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families) suitable to you? Often the book was written by well known writer in this era. Often the book untitled Depression: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families) is the main one of several books which everyone read now. This kind of book was inspired lots of people in the world. When you read this guide you will enter the new age that you ever know ahead of. The author explained their idea in the simple way, consequently all of people can easily to be aware of the core of this publication. This book will give you a lot of information about this world now. To help you to see the represented of the world on this book.

Nicholas Poston:

The actual book Depression: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families) has a lot of information on it. So when you read this book you can get a lot of benefit. The book was written by the very famous author. This articles author makes some research previous to write this book. That book very easy to read you will get the point easily after perusing this book.

Fred Musso:

Playing with family in the park, coming to see the coastal world or hanging out with friends is thing that usually you could have done when you have spare time, after that why you don't try issue that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love Depression: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families), you can enjoy both. It is fine combination right, you still wish to miss it? What kind of hang type is it? Oh can happen its mind hangout fellas. What? Still don't obtain it, oh come on its identified as reading friends.

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