Cognitive Behavior Therapy for Children: Treating Complex and Refractory Cases

This book presents comprehensive coverage on cognitive-behavior therapy (CBT) and the treatment of complex and refractory cases in children. With critical, evidence-based information on signs and symptoms, treatment plans, and interventions, this is the one book CBT researchers and clinicians will not want to do without.

Each chapter includes in-depth descriptions of empirically supported CBT interventions, factors that would limit treatment outcome in therapy, guidelines on managing these limiting conditions, and case studies. The contributors also discuss conditions that have typically been associated with poorer outcome.

Important disorders discussed:
- Obsessive-compulsive disorder
- Posttraumatic stress disorder
- Difficult-to-treat youth depression
- Eating disorders
- Sleep disorders
- Pediatric bipolar disorder
- Asperger syndrome

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