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

Publication Year: 2009
Edition: 1st
Author/Editor: McKay, Dean; Storch, Eric A.
Publisher: Springer Publishing Company
ISBN: 978-0-826-11686-4
Doody's Star Rating®: 98
Platform: Ovid
Product Type: Book
Speciality: Child Development Psychology, Clinical Psychology, Cognitive Psychology, Social Work
Language: English
Pages: 608
Illustrations: 0