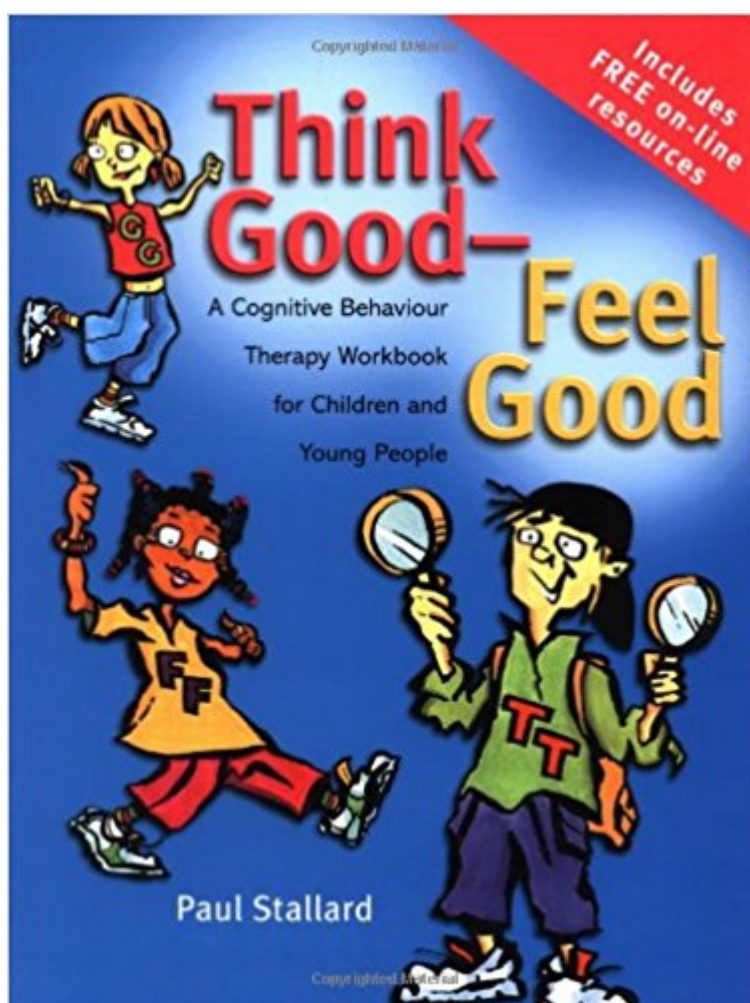


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# Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook For Children And Young People



## Synopsis

Think Good • Feel Good is an exciting and pioneering new practical resource in print and on the internet for undertaking CBT with children and young people. The materials have been developed by the author and trialled extensively in clinical work with children and young people presenting with a range of psychological problems. Paul Stallard introduces his resource by covering the basic theory and rationale behind CBT and how the workbook should be used. An attractive and lively workbook follows which covers the core elements used in CBT programmes but conveys these ideas to children and young people in an understandable way and uses real life examples familiar to them. The concepts introduced to the children can be applied to their own unique set of problems through the series of practical exercises and worksheets. 10 modules can be used as a complete programme, or adapted for individual use. Little else available for this age range. Can be used as homework or self-help material. Available in print and as a downloadable resource on the internet.

## Book Information

Paperback: 198 pages

Publisher: Wiley; 1 edition (August 30, 2002)

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Product Dimensions: 8.5 x 0.5 x 11 inches

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Average Customer Review: 4.4 out of 5 stars 34 customer reviews

Best Sellers Rank: #37,682 in Books (See Top 100 in Books) #36 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #65 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Pediatrics #69 in Books > Textbooks > Social Sciences > Psychology > Cognitive Psychology

## Customer Reviews

"A flexible resource in a modern format" (Pediatric Rehabilitation, Vol.5, No.4, 2002)

"British Medical Association has commended Paul Stallard, a consultant clinical psychologist, for his book for professionals" (Bath Chronicle, 8 Dec 2003)

"Two books by psychologists have been praised in the Mental Health Category of the BMA Association's 2003 book competition" (The Psychologist, 1 Jan

2004) "A book that does exactly what it says on the cover" a wealth of experience in a highly accessible volume (European Child & Adolescent Psychiatry, Vol 12(313), 2003) "...a good, clear synthesis of the techniques that are available" (and) some nice, fun ways of presenting them to children..." (Journal of Behavioural & Cognitive Psychotherapy, No.1 and 2, 2005)

Think Good - Feel Good is an exciting and pioneering new practical resource in print and on the internet for undertaking Cognitive Behaviour Therapy with children and young people. The materials have been developed by the author and trialled extensively in clinical work with children and young people presenting with a range of psychological problems. Paul Stallard introduces his resource by covering the basic theory and rationale behind Cognitive Behaviour Therapy and how the workbook should be used. An attractive and lively workbook follows which covers the core elements used in Cognitive Behaviour Therapy programmes but conveys these ideas to children and young people in an understandable way and uses real life examples familiar to them. The practical series of exercises and worksheets introduce concepts that can be applied to each unique set of problems. Think Good - Feel Good provides the clinician with a range of flexible and highly appealing materials that can be used to structure and facilitate clinical sessions. This is a "must have" resource for clinical psychologists, child and adolescent psychiatrists, community psychiatric nurses, educational psychologists and occupational therapists. Social workers, school nurses, practice counsellors and health visitors would also find this resource to be of great value.

My son's counselor recommended this workbook for their weekly sessions. He does some in therapy and a little at home. It's a great workbook, best used in conjunction with therapy to get the most from.

This is a wonderful resource book full of great tools to use if an MSW working with children of all ages. I got this for my internship and it is extremely helpful. This will be a valuable tool in my collection from here on out.

I was hoping it would be more parent-friendly. Designed more for a student.

this is a great book for introducing Cognitive Behavioral Therapy techniques to children. The exercises are easy to understand and examples help explain how thinking and feeling are related to

behavior.

This book works and it starts with just the name. Think Good Feel Good says so much and gets the work with my young clients off on a positive and simple note. Well received in my office. Easy and clearly written.

great resource book

This book is great for anyone involved with school aged children and wanting to help them work through their feelings as they develop. Parents, teachers and counsellors will love the content and the activities.

I'm a clinical psychologist and this book is very useful with my child clients. I use it many times weekly. Very well done!

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Medical Publications) Treating Psychosis: A Clinician's Guide to Integrating Acceptance and  
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