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Child Anxiety Tales - Books and Therapist Manuals

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standard treatment used in hospitals, clinics and schools around the world for children struggling with anxiety.

Child Anxiety Tales - Welcome

The Coping Cat program is a CBT manual-based and comprehensive treatment program for children from 7 to 13 years old with separation anxiety disorder, social anxiety disorder, generalized anxiety disorder, and/or related anxiety disorders. It was designed by Philip C. Kendall, PhD, ABPP, and colleagues at the Child and Adolescent Anxiety Disorders Clinic at Temple University. A related program called C.A.T. Project is aimed at adolescents aged 14 to 17. See publishers webpage The goals of the tr

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an ability for the therapist to act as a coping role model by describing examples of how they have coped with feelings of anxiety. an ability to use a role model or fantasy superhero that the child/young person has identified to illustrate coping with a fear. Ability to facilitate e motional recognition

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