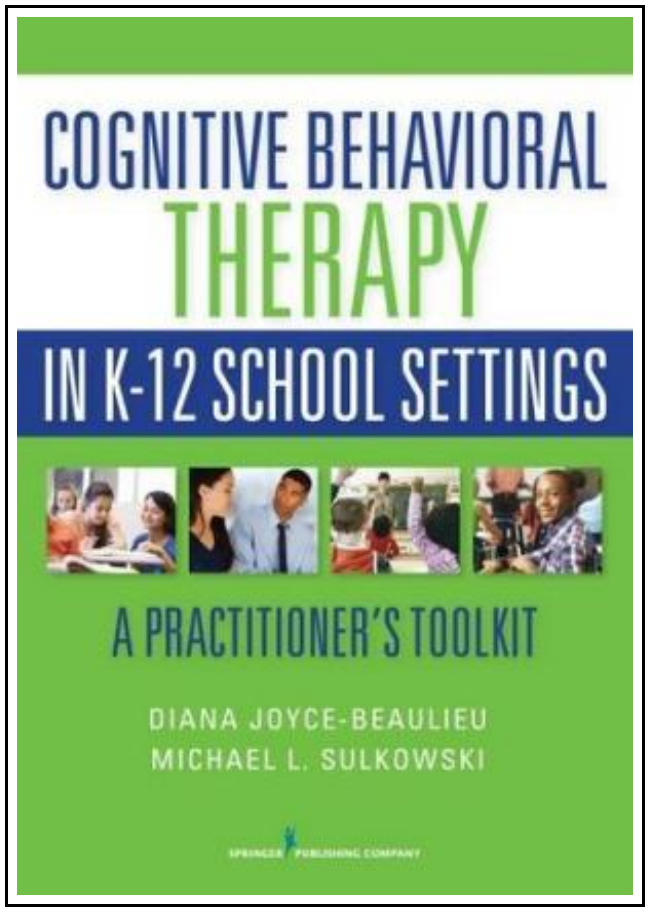
# Cognitive Behavioral Therapy in K-12 School Settings: A Practitioner s Toolkit (Paperback)




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# COGNITIVE BEHAVIORAL THERAPY IN K-12 SCHOOL SETTINGS: A PRACTITIONER S TOOLKIT (PAPERBACK)

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Springer Publishing Co Inc, United States, 2015. Paperback. Book Condition: New. 251 x 175 mm. Language: English . Brand New Book. Twenty percent of school-aged children in the U.S. experience mental health issues each year and Cognitive Behavioral Therapy (CBT) is one of the most effective and empirically supported interventions to address these needs. This practical, quick-reference handbook is for mental health professionals in the K-12 school setting who are seeking a hands-on guide for practicing CBT. Based on a wealth of research supporting the efficacy of CBT for school-aged children, it features specific interventions that can be applied immediately and is tailored to the needs of busy school psychologists, counsellors, and social workers. Importantly, this book describes how to use CBT within contemporary school-based service delivery frameworks such as Multi-tiered Systems of Support (MTSS) and Response to Intervention (RtI). Examining the core components of CBT in the context of school-based therapy, this book offers developmentally appropriate treatment plans targeted for specific issues based on the new DSM-5 criteria, as well as tools for measuring progress and outcomes. Case conceptualization examples are provided in addition to contraindications for counselling therapy. The also book explains how to adapt treatment in light of developmental issues and cultural considerations. Case examples, sample reports, and a great variety of reproducible hand outs (also available in digital download format) are provided to help school mental health professionals use CBT as part of their regular practice. Key Features: * Presents content that s highly practical and immediately applicable for professionals and trainees* Designed to work within and meet the needs of the specific service delivery environment of schools including MTSS and RtI* Reflects DSM-5 criteria and the Affordable Care Act (ACA) * Includes case studies and hands-on session outlines, report templates, student activities (also available in...

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