



Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People

Paul Stallard

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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.

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Virginia Combs:

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Josephine Mares:

Playing with family in the park, coming to see the sea world or hanging out with friends is thing that usually you may have done when you have spare time, after that why you don't try issue that really opposite from that. One activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People, it is possible to enjoy both. It is great combination right, you still want to miss it? What kind of hang type is it? Oh come on its mind hangout folks. What? Still don't obtain it, oh come on its named reading friends.

Thomas Towne:

In this era which is the greater person or who has ability in doing something more are more important than other. Do you want to become one among it? It is just simple solution to have that. What you should do is just spending your time almost no but quite enough to possess a look at some books. One of many books in the top list in your reading list is definitely Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People. This book and that is qualified as The Hungry Hillside can get you closer in growing to be precious person. By looking upward and review this guide you can get many

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