



## COGNITIVE THERAPY WITH CHILDREN

### **Cognitive Therapy with Children: An Overview**

- Creativity and play in Cognitive Therapy
- Biopsychosocial model for case conceptualization
  - Unlikely Antagonists & Allies* (environment)
  - Choose Your Own Adventure* (behavior)
  - That Turnaround Feeling* (body)
  - The Code Book* (moods & emotions)
  - Whispering Puppets* (thoughts)
- Cognitive therapy protocols
  - learning protocols
  - modifications for child's age and cognitive abilities

### **Case Demonstrations**

#### **Drama, Games & Play**

- *Secrets & Detectives* (automatic thoughts)
- *Experiments & Theater* (underlying assumptions)
- *Thermometers & Collages* (schemas/core beliefs)

#### **Illustrative Case Examples**

- *from Suicide to Surviving & Thriving* (grief)
- *the "What's Out There?" game* (anxiety)
- *from Turtle to Hare* (depression)

### **Reference Bibliography** (listings updated Jan 2012)

- Kendall, P.C. (Ed.) (2005). *Child and adolescent therapy: Cognitive-behavioral procedures, 3<sup>rd</sup> edition*. New York: Guilford Press.
- Kendall, Philip C. & Hedtke, Kristina A. (2006). *Cognitive-behavioral therapy for anxious children: Therapist manual, 3<sup>rd</sup> edition*. Temple University, Philadelphia PA.
- Reinecke, M.A., Dattilio, F.M., & Freeman, A. (Eds.) (2006). *Cognitive therapy with children and adolescents, 2<sup>nd</sup> edition: A casebook for clinical practice*. New York: Guilford Press.
- Ronen, Tammie. (1999). *Cognitive developmental therapy with children*. New York: John Wiley & Sons.

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