



Cognitive Therapy for Adolescents in School Settings (Guilford Practical Intervention in the Schools)

Torrey A. Creed, Jarrod Reisweber, Aaron T. Beck

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This first concise guide to conducting cognitive therapy (CT) with adolescents in school settings features in-depth case examples and hands-on clinical tools. The authors—who include renowned CT originator Aaron T. Beck—provide an accessible introduction to the cognitive model and demonstrate specific therapeutic techniques. Strategies are illustrated for engaging adolescents in therapy, rapidly creating an effective case conceptualization, and addressing a range of clinical issues and stressors frequently experienced in grades 6–12. The challenges and rewards of school-based CT are discussed in detail. In a convenient large-size format with lay-flat binding for easy photocopying, the book contains 16 reproducible handouts, worksheets, and forms. Purchasers also get access to a Web page where they can download and print the reproducible materials.

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