

The Coping Cat Workbook

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c a t project workbook for the cognitive behavioral treatment of anxious adolescents 29 95

jan 1 2006 coping cat workbook second edition spiral bound january 1 2006 by philip c kendall author kristina a hedtko author

this newest edition is a revision of the original coping cat workbook by philip kendall that has been in use since 1992 sixteen therapy sessions promote coping skills for dealing with anxiety

behavioral therapy cbt intervention targeting students with anxiety the program incorporates four components recognizing and understanding emotional and physical reactions to anxiety clarifying

the purpose of the study was to report the 1 year follow up of a cognitive behavioral treatment now called coping cat for anxiety disorders in children and adolescents

philip c kendall ph d abpp kristina a hedtko ph d temple university child and adolescent anxiety disorders clinic the same 16 session coping cat program as the color edition with

the coping cat workbook for anxiety integrates empirically supported cbt to reduce anxious distress in youth this newest edition is a revision of the original coping cat workbook by philip kendall

temple university child and adolescent anxiety disorders clinic the third edition contains the same evidence based sixteen session coping cat cbt program but with colorful artwork a new design

oct 1 2025 children learn about identifying somatic responses to anxiety changing anxious thinking using relaxation engaging in problem solving and approaching rather than avoiding anxiety

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