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with anxiety. The program can be adapted for use with individual youth or with groups.

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or those seeking
written information
about treatment
programs to help youth
with emotional,
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The Coping Cat Parent Companion: Philip C. Kendall, Ph.D ...

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implementation guides or manuals for Coping Cat as listed below:
Therapist treatment manual is available. It can be purchased at www.WorkbookPublishing.com. Research on How to Implement the Program. Research has been conducted on how to implement Coping Cat as listed below:

CEBC » Coping Cat » Program » Detailed
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The Camp Cope-A-Lot and Child Anxiety Tales programs are based on the Coping Cat treatment, the most researched, well-established psychotherapy treatment program for anxiety in youth. It is the gold-standard treatment used in hospitals, clinics and schools around the world for children struggling with anxiety.

... Together with

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Child Anxiety Tales - Welcome

Kendall and colleagues (1994; Kendall et al., 1997) have pioneered the most empirically supported (Albano & Kendall, 2002) and disseminated (Velting, Setzer, & Albano, 2004) cognitive-behavioral treatment protocol for TD children with anxiety disorders (i.e., Coping Cat

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Cognitive-Behavioral
Therapy for Anxious
Youth).

The Coping Cat Program for Children with Anxiety and ...

Safety-seeking and
coping behavior during
exposure tasks with
anxious youth Hedtke,
K. a, Kendall, P. C., &
Tiwari, S. (2009)
Journal of Clinical Child
and Adolescent
Psychology, 38(1),
1-15. Coping with

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anxiety, not seeking safety, can be beneficial. Anxiety and Autism Spectrum Disorders (ASD)

Child Anxiety Tales - Books and Therapist Manuals

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13 Best Images of Coping Cat Worksheets - Cat

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Preposition ...

The Coping Cat program is a CBT manual-based and comprehensive treatment program for children from 7 to 13 years old with separation anxiety disorder, social anxiety disorder, generalized anxiety disorder, and/or related anxiety disorders. It was designed by Philip C. Kendall, PhD, ABPP, and colleagues at the

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Child and Adolescent Anxiety Disorders Clinic at Temple University. A related program called C.A.T. Project is aimed at adolescents aged 14 to 17. See publishers webpage The goals of the tr

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Workbook for the

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There is a chapter devoted to each of the sixteen therapy sessions that appear in the "Coping Cat Workbook", with explanations of and a rationale for the activities. Of applied

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interest, practicing therapists have provided "tips" for the newer therapist working with the anxious youth.

Workbook Publishing, Inc.

The Coping Cat Program (and the C.A.T. Project workbook) can be implemented by any mental health therapist or counselor working with a child such as a

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psychologist, social worker, school counselor, behavioral specialist, therapeutic support staff (TSS), or mobile therapist. The program is typically implemented over 16 weeks.

Evidence Suggests That the Coping Cat Program Reduces ...

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