



A Clinician's Guide to Think Good-Feel Good: Using CBT with Children and Young People

By Stallard, Paul

Wiley, 2005. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: About the author. Acknowledgements. On-line resources. 1 Overview. Engagement and readiness to change.Formulations.The Socratic process and inductive reasoning.Involving parents in child-focused CBT.The process of child-focused CBT.Adapting CBT for children.Core components of CBT programmes for internalising problems.2 Engagement and readiness to change. Engaging with children. The Stages of Change. Motivational interviewing. When would CBT not be indicated?'The Scales of Change'.3 Formulations. Key aspects of a formulation. Miniformulations. General cognitive formulations. Onset formulations.Complex formulations.Problem-specific formulations. Common problems. 'The Negative Trap'. 'The 4part Negative Trap'.'Onset Formulation Template'.4 The Socratic process and inductive reasoning. Facilitating selfdiscovery. The structure of the Socratic process. Inductive reasoning. The Socratic process. The Socratic process and collaborative empiricism. What makes a good Socratic question? How does it work? Common problems. 'The Chain of Events'.5 Involving parents in child-focused CBT.The importance of involving parents. Clinical benefits of parental involvement. Model of change. The role of parents in childfocused CBT.Parental involvement.Common components of parent-focused interventions. Two final thoughts. 'What is Cognitive Behaviour Therapy (CBT)?"What Parents Need to

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