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978-1-107-68985-5 - Cognitive Behaviour Therapy for Children and Families: Third Edition

Edited by Philip Graham and Shirley Reynolds

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# Cognitive Behaviour Therapy for Children and Families

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Edited by

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## Preface

This is the third edition of a book that has established itself as the standard text in the field. The need for another edition was made clear by the popularity of previous editions and by the fact that the field has moved on since the last edition and required updating.

The book mostly consists of new material with a majority of new contributors. Several topics not previously covered are the focus of entirely new chapters, including working with minority ethnic groups, the use of low intensity methods, the use of new technologies to deliver cognitive behaviour therapy and the application of mindfulness techniques with children.

The book is essential reading for all those working in the child and adolescent mental health field because it:

- Is unique in its comprehensive coverage of cognitive behavioural approaches to emotional and behaviour problems in this age group.
- Deals with both theoretical and practical issues relating to all conditions likely to be seen by child and mental health practitioners.
- Is strongly evidence-based.
- Is written by an international panel of contributors who are all authorities in their fields.
- Has been edited to ensure it provides clear, helpful guidance to practitioners.

The book is primarily written for child mental health professionals, especially psychologists, psychiatrists, mental health nurses, social workers and psychotherapists as well as those training in these fields. The book will also be found helpful by paediatricians and general psychiatrists. It is suitable both for trainees and for those with a more advanced knowledge of the subject.