



# Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People

By Paul Stallard

Download now

Read Online →

## Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard

*Think Good — Feel Good* is an exciting and pioneering new practical resource in print and on the internet for undertaking CBT with children and young people. The materials have been developed by the author and trialed extensively in clinical work with children and young people presenting with a range of psychological problems.

Paul Stallard introduces his resource by covering the basic theory and rationale behind CBT and how the workbook should be used. An attractive and lively workbook follows which covers the core elements used in CBT programmes but conveys these ideas to children and young people in an understandable way and uses real life examples familiar to them. The concepts introduced to the children can be applied to their own unique set of problems through the series of practical exercises and worksheets.

- 10 modules can be used as a complete programme, or adapted for individual use
- Little else available for this age range
- Can be used as homework or self-help material

Available in print and as a downloadable resource on the internet.

↓ [Download Think Good - Feel Good: A Cognitive Behaviour Ther ...pdf](#)

📄 [Read Online Think Good - Feel Good: A Cognitive Behaviour Th ...pdf](#)

# Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People

By Paul Stallard

## Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard

*Think Good — Feel Good* is an exciting and pioneering new practical resource in print and on the internet for undertaking CBT with children and young people. The materials have been developed by the author and trialled extensively in clinical work with children and young people presenting with a range of psychological problems.

Paul Stallard introduces his resource by covering the basic theory and rationale behind CBT and how the workbook should be used. An attractive and lively workbook follows which covers the core elements used in CBT programmes but conveys these ideas to children and young people in an understandable way and uses real life examples familiar to them. The concepts introduced to the children can be applied to their own unique set of problems through the series of practical exercises and worksheets.

- 10 modules can be used as a complete programme, or adapted for individual use
- Little else available for this age range
- Can be used as homework or self-help material

Available in print and as a downloadable resource on the internet.

## Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard Bibliography

- Sales Rank: #37242 in Books
- Brand: imusti
- Published on: 2002-08-30
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x .52" w x 8.52" l, 1.18 pounds
- Binding: Paperback
- 198 pages

 [Download Think Good - Feel Good: A Cognitive Behaviour Ther ...pdf](#)

 [Read Online Think Good - Feel Good: A Cognitive Behaviour Th ...pdf](#)

## Download and Read Free Online Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard

---

### Editorial Review

#### Review

"...a flexible resource in a modern format..." (Pediatric Rehabilitation, Vol.5, No.4, 2002)

"...British Medical Association has commended Paul Stallard, a consultant clinical psychologist, for his book for professionals..." (Bath Chronicle, 8 Dec 2003)

"...Two books by psychologists have been praised in the Mental Health Category of the BMA Association's 2003 book competition..." (The Psychologist, 1 Jan 2004)

"...a book that does exactly what it says on the cover...a wealth of experience in a highly accessible volume..." (European Child & Adolescent Psychiatry, Vol 12(313), 2003)

"...a good, clear synthesis of the techniques that are available... (and) some nice, fun ways of presenting them to children..." (Journal of Behavioural & Cognitive Psychotherapy, No.1 and 2, 2005)

#### From the Back Cover

*Think Good - Feel Good* is an exciting and pioneering new practical resource in print and on the internet for undertaking Cognitive Behaviour Therapy with children and young people. The materials have been developed by the author and trialled extensively in clinical work with children and young people presenting with a range of psychological problems.

Paul Stallard introduces his resource by covering the basic theory and rationale behind Cognitive Behaviour Therapy and how the workbook should be used. An attractive and lively workbook follows which covers the core elements used in Cognitive Behaviour Therapy programmes but conveys these ideas to children and young people in an understandable way and uses real life examples familiar to them. The practical series of exercises and worksheets introduce concepts that can be applied to each unique set of problems.

*Think Good - Feel Good* provides the clinician with a range of flexible and highly appealing materials that can be used to structure and facilitate clinical sessions. This is a "must have" resource for clinical psychologists, child and adolescent psychiatrists, community psychiatric nurses, educational psychologists and occupational therapists. Social workers, school nurses, practice counsellors and health visitors would also find this resource to be of great value.

#### About the Author

**Dr Paul Stallard** graduated as a clinical psychologist from Birmingham University in 1980. He worked with children and young people in the West Midlands before moving to the Department of Child and Family Psychiatry, Bath, in 1988. He is a visiting research fellow at Bath University, and has received a number of research grants exploring the effects of trauma and chronic illness on children. He has published over 50 peer-reviewed papers and is currently leading a research trial exploring the use of cognitive behaviour therapy in the treatment of post-traumatic stress disorders.

## **Users Review**

### **From reader reviews:**

#### **Jose Campbell:**

Do you have favorite book? If you have, what is your favorite's book? Reserve is very important thing for us to learn everything in the world. Each e-book has different aim or maybe goal; it means that publication has different type. Some people really feel enjoy to spend their the perfect time to read a book. These are reading whatever they take because their hobby is actually reading a book. Why not the person who don't like reading through a book? Sometime, particular person feel need book after they found difficult problem or even exercise. Well, probably you will need this Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People.

#### **Allan Kean:**

Have you spare time for any day? What do you do when you have far more or little spare time? Yep, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a wander, shopping, or went to often the Mall. How about open or maybe read a book titled Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People? Maybe it is for being best activity for you. You already know beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have various other opinion?

#### **Margaret Honig:**

Reading a book to be new life style in this year; every people loves to learn a book. When you study a book you can get a lot of benefit. When you read ebooks, you can improve your knowledge, due to the fact book has a lot of information in it. The information that you will get depend on what kinds of book that you have read. If you want to get information about your analysis, you can read education books, but if you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, as well as soon. The Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People will give you a new experience in reading a book.

#### **Wendell Holloway:**

Many people spending their time by playing outside with friends, fun activity having family or just watching TV the whole day. You can have new activity to invest your whole day by looking at a book. Ugh, you think reading a book can actually hard because you have to use the book everywhere? It alright you can have the e-book, getting everywhere you want in your Mobile phone. Like Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People which is finding the e-book version. So , why not try out this book? Let's see.

**Download and Read Online Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard #KH4A0Y19N3T**

# **Read Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard for online ebook**

Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard books to read online.

## **Online Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard ebook PDF download**

**Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard Doc**

**Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard Mobipocket**

**Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard EPub**

**KH4A0Y19N3T: Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People By Paul Stallard**