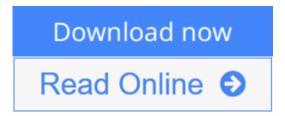


# Think Good - Feel Good: A Cognitive Behaviour Therapy Workbook for Children and Young People

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.



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#### **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.

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