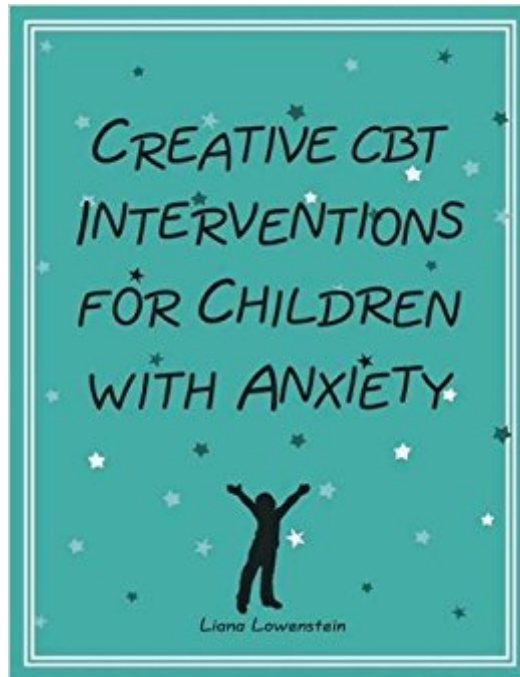




The book was found

# Creative CBT Interventions For Children With Anxiety



## Synopsis

Packed with innovative cognitive-behavioral therapy (CBT) techniques to help child clinicians engage, assess, and treat children with a variety of anxiety symptoms and disorders. Therapeutic games, art, stories, and other creative activities address the key components of CBT: Psychoeducation, relaxation, affective expression, cognitive coping, exposure, and parent training. Includes practical strategies for overcoming common clinical challenges plus interventions and handouts for parents. An invaluable resource for mental health practitioners seeking creative ways to make CBT engaging and child-friendly. Geared to children aged 4 to 12.

## Book Information

Paperback: 168 pages

Publisher: Champion Press; first edition (August 12, 2016)

Language: English

ISBN-10: 0995172501

ISBN-13: 978-0995172500

Product Dimensions: 0.5 x 8.2 x 10.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 11 customer reviews

Best Sellers Rank: #19,486 in Books (See Top 100 in Books) #36 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #81 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies](#) #88 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology](#)

## Customer Reviews

A very creative, thorough and comprehensive compilation to make CBT appealing to young children, and to enhance rapport and motivation. A valuable resource for therapists, as it provides a range of ideas to engage children in treatment, especially those who are reluctant. -- --Aureen Wagner, Ph.D., The Anxiety Wellness Centre, Author of *Worried No More* Lowenstein offers multiple creative, practical activities for delivering interventions in a developmentally sensitive manner. In conjunction with a strong background in the concepts of CBT, this book will help practitioners translate empirically supported techniques into play. It is highly recommended for child therapists. -- --Susan M. Knell, Ph.D., Clinical Assistant Professor, Case Western Reserve University, Author of *Cognitive Behavioral Play Therapy* This volume provides a clear roadmap for clinicians who work with anxious children and utilizes the therapeutic powers of play to augment CBT treatment for this

population. Jamie's story invites children to learn about anxiety through the eyes of a likable character while learning that there is hope for change, while the reproducible handouts for parents invite them deeper into the process and provide psychoeducation that will enhance treatment outcomes. This text will be a welcome addition to the resources of all who work with anxious children. -- --Paris Goodyear-Brown, LCSW, RPT-S, Author of *Worry Wars: An Anxiety Workbook for Kids*

Liana Lowenstein is a Clinical Social Worker, Certified Play Therapist-Supervisor, and Certified TF-CBT Therapist who is known internationally for her best-selling books including: *Creative Interventions for Troubled Children & Youth* (1999); *Creative Interventions for Children of Divorce* (2006a); *Creative Interventions for Bereaved Children* (2006b); *Cory Helps Kids Cope with Sexual Abuse* (2014); and *Creative CBT Interventions for Children with Anxiety* (2016). She has also edited three volumes of the book, *Assessment and Treatment Activities for Children, Adolescents, and Families: A Practitioners' Share Their Most Effective Techniques*. She presents trainings across North America and abroad and provides consultation to therapists worldwide. She has been working with children and families since 1988 and continues to maintain a private practice in Toronto. Liana is winner of the Monica Herbert award for outstanding contribution to play therapy in Canada. Her website offers free resources for mental health professionals including a free eBook of assessment and treatment activities: [lianalowenstein.com](http://lianalowenstein.com)

As a licensed professional counselor one of the most common "presenting problems" for children coming into therapy is anxiety. Liana's book, *Creative CBT Interventions for Children With Anxiety* is a must have! The book could actually be worked through session-by-session, or the activities can be used in a stand-alone format, depending on the specific situation of the child. The book is thoughtful, courageous, and full of strength-building opportunities for children dealing with the bully of anxiety!

Excellent and thorough guidelines and techniques for child and family assessment and treatment.

I think Liana's interventions are great! I use them with my students in the counseling office.

Excellent information for the clinician.

Teacher has no complaints

Great ideas

This new book from Liana Lowenstein does not disappoint. Like her previous publications this book provides playful interventions that are easy to facilitate and integrate into treatment plans. The information sheets for parents are a wonderful resource that encourages parental involvement throughout the therapeutic process. This is a must-have resource for helping children manage anxiety.

Creative CBT Interventions for Children with Anxiety has over 35 interventions designed to help children, adolescents, and families who are dealing with anxiety struggles. This resource, like many of Liana's intervention books, has been valuable to me in implementing interventions that help reduce anxiety in the children that I work with including children and adolescents with autism spectrum disorder. The interventions are well designed, engaging for children and easy to implement. A valuable resource for professionals!

[Download to continue reading...](#)

CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Creative CBT Interventions for Children with Anxiety Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychotherapy) Study Guide for Fundamentals of Engineering (FE) Electrical and Computer CBT Exam: Practice over 400 solved problems based on NCEES'® FE CBT Specification Version 9.4 CBT Toolbox for Children and Adolescents: Over 220 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders Creative Interventions with Traumatized Children, Second Edition (Creative Arts and Play Therapy) The Yoga-CBT Workbook for Anxiety: Total Relief for Mind and Body (A New Harbinger Self-Help Workbook) The Anxiety Survival Guide for Teens: CBT Skills to Overcome

Fear, Worry, and Panic (The Instant Help Solutions Series) The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety Career Development Interventions in the 21st Century, 4th Edition (Interventions that Work) The Graphic Designer's Digital Toolkit: A Project-Based Introduction to Adobe Photoshop Creative Cloud, Illustrator Creative Cloud & InDesign Creative Cloud (Stay Current with Adobe Creative Cloud) What to Do When Children Clam Up in Psychotherapy: Interventions to Facilitate Communication (Creative Arts and Play Therapy) The CBT Art Activity Book: 100 illustrated handouts for creative therapeutic work The Behavior Code Companion: Strategies, Tools, and Interventions for Supporting Students with Anxiety-Related and Oppositional Behaviors Creative Activities and Curriculum for Young Children (Creative Activities for Young Children)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)