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use with anxious  
youth and "The

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for use with  
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adolescents.  
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physical  
reactions to  
anxiety •  
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coping •  
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performance and

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giving self  
-reinforcement .  
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*See scale of 1-5  
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The Coping Cat  
program is a CBT  
manual-based and  
comprehensive  
treatment  
program for

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children from 7  
to 13 years old  
with separation  
anxiety  
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anxiety  
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related anxiety  
disorders. It  
was designed by  
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Kendall, PhD,  
ABPP, and  
colleagues at  
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nyy.com  
This therapist manual describes the general strategies used in the treatment of anxiety in children (e.g., exposure tasks, homework, changing anxious self-talk, etc.). The treatment manual

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is coordinated with the Brief Coping Cat: The 8-Session Coping Cat Workbook.

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examine  
predictors and  
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diagnoses of  
separation  
anxiety  
disorder, social  
phobia, or

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Manualized  
anxiety disorder  
who were  
randomly  
assigned to  
receive either  
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sertraline  
(SRT), their  
combination  
(COMB), or  
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The Coping Cat  
program is one  
example of CBT  
for youth  
anxiety: it

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Manual consists of 16 sessions, follows a therapist manual (Kendall & Hedtke, 2006a) and uses a client workbook (Kendall & Hedtke, 2006b) .. However, we offer suggestions on how to adapt

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either treatment  
(i.e., Coping  
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Overall, the  
Coping Cat  
program is a  
useful  
therapeutic tool

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and I recommend it to other mental health professionals. Please note that therapists will ALSO need to buy the Coping Cat therapist manual, since it does not come with the child workbook.

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