



# **Post Traumatic Stress Disorder: Cognitive Therapy with Children and Young People (CBT with Children, Adolescents and Families)**

*Patrick Smith, Sean Perrin, William Yule, David M. Clark*

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Post traumatic stress disorder develops after exposure to one or more terrifying events that have caused, or threatened to cause the sufferer grave physical harm. This book discusses how trauma-focused cognitive therapy can be used to help children and adolescents who suffer from post traumatic stress disorder.

Cognitive therapy is frequently used to treat adults who suffer from PTSD with proven results. *Post Traumatic Stress Disorder* provides the therapist with instructions on how CT models can be used with children and young people to combat the disorder. Based on research carried out by the authors, this book covers:

- assessment procedures and measures
- formulation and treatment planning
- trauma focused cognitive therapy methods
- common hurdles.

The authors provide case studies and practical tips, as well as examples of self-report measures and handouts for young people and their parents which will help the practitioner to prepare for working with this difficult client group.

*Post Traumatic Stress Disorder* is an accessible, practical, clinically relevant guide for professionals and trainees in child and adolescent mental health service teams who work with traumatized children and young people.

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