



Depression: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families)

Chrissie Verduyn, Julia Rogers, Alison Wood

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In recent years there has been an increase in research into childhood depression, and it is now recognised that depression can severely impair young people in many aspects of their life, school, peer and social relationships, and frequently persists into adulthood.

Depression: Cognitive Behaviour Therapy with Children and Young People provides an accessible guide to recognising and treating depression in young people. Based on a successful manual developed for research trials, this book presents an overview of a cognitive behavioural model for working with this age group, as well as practical ideas about how to start therapy. Topics covered include:

- engaging young people
- setting goals for therapy
- cognitive behaviour assessment and formulation
- solutions for problems practitioners may face
- encouraging parents and agencies to support therapy.

Depression includes case examples and practical tips to prepare the practitioner for working with young people. Information is presented in a readable and practical style making this book ideal for professionals working in child and adolescent mental health services, as well as those in training. It will also be a useful guide for people working in community services for young people.

Online resources:

The appendices of this book contain worksheets that can be downloaded free of charge to purchasers of the print version. Please visit the website to find out more about this facility

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