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Therapy
Workbook For
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#003 - Feeling Good

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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

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young people presenting
with a range of
psychological problems.

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~~Good: A Cognitive
Behaviour Therapy ...~~

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children and young

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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.

~~Think Good—Feel Good: A Cognitive Behaviour Therapy ...~~

The previous edition of Think Good, Feel Good

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was an exciting, Good

practical resource that
pioneered the way
mental health

professionals

approached Cognitive
Behavioural Therapy

(CBT) with children and
young people. This new

edition continues the
work started by clinical

psychologist Paul

Stallard, and provides a

range of flexible and

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highly appealing
materials that can be
used to structure and
facilitate work with
young people.

~~Think Good, Feel Good:
A Cognitive
Behavioural Therapy ...~~

Description: A
Cognitive Behaviour
Therapy Workbook for
Children and Young
People. Think Good --

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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.

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~~Good - PDA Society~~
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The think cbt workbook.

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responses can become

conditioned to specific

events. Emotional

responses can be

reciprocally inhibited.

Behaviour is affected by

antecedents and

consequences.

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~~Good~~

Think Good – Feel

Good A Cognitive

Behaviour Therapy

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Workbook for Children
and Young People A
workbook 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.

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~~Good A Cognitive Good
Behaviour Therapy ...~~

In addition to the printed medium, Think Good – Feel Good can be used as an interactive computer programme. The on-line version of Think Good – Feel Good can be downloaded and the exercises completed and saved on a computer.

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~~Think Good—Feel~~

~~Good~~

This book complements
author Paul Stallard's

Think Good, Feel Good

and provides a range of
Cognitive Behavioural
Therapy (CBT)

resources that can be
used with adolescents
and young adults.

Building upon that
book's core strengths, it
provides psycho-

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educational materials
specifically designed for
adolescents and young
people.

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The core aim of the
Think Good Feel Good
programme is to
develop a whole school
approach on emotional
health and well-being

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through the delivery of
an evidence based
training programme
across all Shropshire
schools.

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— Whole School
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and Young People Good

(Psychology) Paul

Stallard. 4.5 out of 5

stars 77. Paperback. 11

offers from £25.51.

CBT Doodling for Kids:

50 Illustrated Handouts

to Help Build

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Emotional Resilience in

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Tanja Sharpe.

~~A Clinician's Guide to~~

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~~Think Good - Feel Good:~~

~~Using CBT...~~

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,

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community psychiatric
nurses, educational
psychologists and
occupational therapists.

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extensively in clinical
work with children and
young people presenting
with a range of
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We have selected a number of different resources and put them into "collections".

Collections allow you to browse and compare resources that do similar types of things.

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