



CBT Toolbox for Children and Adolescents: Over 220 Worksheets & Exercises for Trauma, ADHD, Autism, Anxiety, Depression & Conduct Disorders

Lisa Phifer , Amanda Crowder , Tracy Elsenraat , Robert Hull

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The **CBT Toolbox for Children and Adolescents** gives you the resources to help the children in your life handle their daily obstacles with ease.

Inside this workbook you'll find **hundreds of worksheets, exercises, and activities to help treat:**

- Trauma
- ADHD
- Autism
- Anxiety
- Depression
- Conduct Disorders

Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles. Step-by-step, you'll see how the best strategies from cognitive behavioral therapy are adapted for children.

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