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Kati Morton

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Sixteen therapy sessions promote coping skills for dealing with anxiety. The program can be adapted for use with individual youth or with groups.

Coping Cat Workbook by

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Philip C. Kendall

The Coping Cat Program (and the C.A.T. Project workbook) can be implemented by any mental health therapist or counselor working with a child such as a psychologist, social worker,

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school counselor, behavioral specialist, therapeutic support staff (TSS), or mobile therapist. The program is typically implemented over 16 weeks.

Evidence Suggests That the

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Coping Cat Program Reduces

...

Safety-seeking and coping
behavior during exposure
tasks with anxious youth

Hedtke, K. a, Kendall, P.
C., & Tiwari, S. (2009)

Journal of Clinical Child

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and Adolescent Psychology,
38(1), 1-15. Coping with
anxiety, not seeking safety,
can be beneficial. Anxiety
and Autism Spectrum
Disorders (ASD)

Child Anxiety Tales - Books

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and Therapist Manuals

The Camp Cope-A-Lot and Child Anxiety Tales programs are based on the Coping Cat treatment, the most researched, well-established psychotherapy treatment program for anxiety in

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to 13 years old with separation anxiety disorder, social anxiety disorder, generalized anxiety disorder, and/or related anxiety disorders. It was designed by Philip C. Kendall, PhD, ABPP, and

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colleagues at the Child and Adolescent Anxiety Disorders Clinic at Temple University.

Coping Cat - Wikipedia

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Worksheets - Cat Preposition

...

Coping Cat. is a cognitive-behavioral treatment for children with anxiety. The program incorporates 4 components:

- Recognizing and understanding emotional

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and physical reactions to anxiety • Clarifying thoughts and feelings in anxious situations • Developing plans for effective coping • Evaluating performance and giving self -reinforcement .

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Coping Cat

**See scale of 1-5 Child
Welfare System Relevance
Level: Medium**

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