



Let's THINK About Feelings: Tools for Child-Friendly Cognitive Behavioral Therapy

By Daniel Yeager, Marcie Yeager

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Let's THINK About Feelings is a collection of creative tools for use in cognitive behavior therapy (CBT) with young clients. It is expected that therapists using this resource will already have a sound theoretical understanding of CBT and a repertoire of CBT interventions. This resource supplements those interventions, by providing strategies that make CBT principles more accessible for children.

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Let's THINK About Feelings contains dozens of full-color activities, worksheets, and handouts. Part One activities help children to differentiate emotions and identify stressors. Part Two activities help children to further understand their feelings and to learn strategies and tools for regulating their emotions and behavior. The activities in Part Two help children to 1) STOP doing things that aren't helpful (response inhibition), 2) CHOOSE the best way of thinking (cognitive flexibility), 3) CALM their body (self-monitoring and self-calming) and 4) make a good PLAN (problem-solving).

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