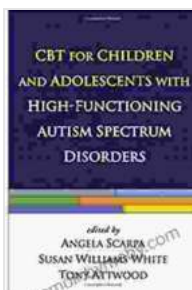


CBT for Children and Adolescents with High Functioning Autism Spectrum Disorders

Autism spectrum disorders (ASDs) are a group of neurodevelopmental disorders that are characterized by difficulties with social interaction, communication, and behavior. Children and adolescents with high functioning autism spectrum disorders (HF ASDs) have relatively good language and cognitive skills, but they may still have difficulty with social interactions and managing their emotions.

Cognitive-behavioral therapy (CBT) is a type of psychotherapy that has been shown to be effective in treating children and adolescents with HF ASDs. CBT helps children and adolescents to identify and change negative thoughts and behaviors that are contributing to their difficulties.

This book provides a comprehensive overview of CBT for children and adolescents with HF ASDs. It covers the theoretical foundations of CBT, the evidence base for its use with this population, and the specific techniques that are most effective. The book also includes case studies and examples to illustrate how CBT can be used to help children and adolescents with HF ASDs improve their social skills, reduce their anxiety, and manage their emotions.



CBT for Children and Adolescents with High-Functioning Autism Spectrum Disorders by Angela Scarpa

★★★★☆ 4.5 out of 5

Language : English
File size : 1280 KB
Text-to-Speech : Enabled
Screen Reader : Supported

Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 352 pages



The first chapter of this book provides an overview of the theoretical foundations of CBT. It discusses the basic principles of CBT, such as the role of thoughts, feelings, and behaviors in maintaining psychological problems. This chapter also reviews the research that supports the use of CBT for treating children and adolescents with HF ASDs.

The second chapter of this book reviews the evidence base for the use of CBT for children and adolescents with HF ASDs. This chapter discusses the results of studies that have examined the effectiveness of CBT for improving social skills, reducing anxiety, and managing emotions in children and adolescents with HF ASDs.

The third chapter of this book describes the specific CBT techniques that are most effective for treating children and adolescents with HF ASDs. These techniques include:

- **Social skills training:** This type of CBT helps children and adolescents to learn how to interact with others in a more positive and effective way.
- **Cognitive restructuring:** This type of CBT helps children and adolescents to identify and change negative thoughts that are contributing to their difficulties.

- **Exposure and response prevention:** This type of CBT helps children and adolescents to face their fears and learn how to manage their anxiety.
- **Emotion regulation:** This type of CBT helps children and adolescents to learn how to identify and manage their emotions in a healthy way.

The fourth chapter of this book includes case studies and examples that illustrate how CBT can be used to help children and adolescents with HF ASDs improve their social skills, reduce their anxiety, and manage their emotions. These case studies and examples provide real-world examples of how CBT can be used to make a difference in the lives of children and adolescents with HF ASDs.

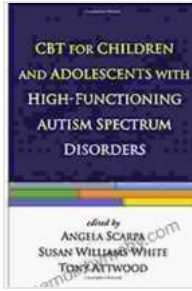
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This book is an essential resource for clinicians who work with children and adolescents with HF ASDs. It provides a clear and concise overview of the evidence-based principles of CBT and how to use these principles to help children and adolescents with HF ASDs improve their functioning.

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