

Cognitive-Behavioral
Procedures with
Children and Adolescents

A PRACTICAL GUIDE

EDITED BY

A. J. Finch, Jr.

W. Michael Nelson III

Edith S. Ott

Contents

<i>List of Contributors</i>	ix
<i>Preface</i>	xi

PART ONE

General Issues in Cognitive-Behavioral Treatment of Children and Adolescents

Chapter One • Cognitive-Behavioral Procedures with Children:

Historical Context and Current Status 1

by Kathleen J. Hart and John R. Morgan

Historical Considerations 2

Defining Cognitive-Behavioral Interventions 5

The Development of Cognitive-Behavioral Procedures with Children 11

The Efficacy of Cognitive-Behavioral Interventions 15

The Direction of Cognitive-Behavioral Interventions with Children 17

Conclusions 18

References 19

Chapter Two • The Role of Developmental Variables in Cognitive-Behavioral Interventions with Children 25

by William Kimball, W. M. Nelson III, and P. M. Politano

The Relation of Developmentally Based Variables to Social Behavior 26

Comprehending Social Information: Attention and Retention 31

Evaluating Social Acts: Role Taking and Moral Reasoning 34

An Example of a Developmentally Based Intervention Plan 51

<i>Conclusions</i>	58
<i>References</i>	59

Chapter Three • Children and the Use of Self-Monitoring, Self-Evaluation, and Self-Reinforcement 67

by Helen L. Evans and Maureen A. Sullivan

<i>Theoretical Considerations</i>	68
-----------------------------------	----

<i>Self-Monitoring Skills</i>	70
-------------------------------	----

<i>Self-Evaluation Techniques</i>	74
-----------------------------------	----

<i>Self-Reinforcement</i>	75
---------------------------	----

<i>Classroom Application</i>	77
------------------------------	----

<i>Case Studies</i>	79
---------------------	----

<i>Summary</i>	86
----------------	----

<i>References</i>	87
-------------------	----

Chapter Four • Cognitive-Behavioral Assessment of Children: A Review of Measures and Methods 90

by David S. Pellegrini, Cynthia L. Galinski, Kathleen J. Hart, and Philip C. Kendall

<i>Beginning the Assessment</i>	91
---------------------------------	----

<i>From Referral to Specifics</i>	92
-----------------------------------	----

<i>Specific Dimensions of Assessment</i>	104
------------------------------------------	-----

<i>Closing Comments</i>	128
-------------------------	-----

<i>References</i>	129
-------------------	-----

PART TWO

Treatment Applications for Cognitive-Behavioral Procedures with Children and Adolescents

Chapter Five • Childhood Aggression: Cognitive-Behavioral Therapy Strategies and Interventions 148

by A. J. Finch, Jr., W. M. Nelson III, and Jon H. Moss

<i>Assessment of Anger</i>	152
----------------------------	-----

<i>Cognitive-Behavioral Techniques</i>	163
----------------------------------------	-----

<i>Session-by-Session Guidelines</i>	169
--------------------------------------	-----

<i>Case Presentation</i>	178
--------------------------	-----

<i>The Stress Inoculation Approach Within a Problem-Solving Framework</i>	192
---------------------------------------------------------------------------	-----

<i>References</i>	201
-------------------	-----

Chapter Six • Social Skills Training with Physically Aggressive Children 206

- by James Polyson and William Kimball
- Literature Review and Key Issues 207
- Treatment Approaches 214
- The Training Manual 216
- Summary 228
- References 228

Chapter Seven • Cognitive Self-Instruction for Impulse Control in Children 233

- by A. J. Finch, Jr., Anthony Spirito, Pamela S. Imm, and Edith S. Ott
- Background Review 234
- Training Materials 242
- Verbal Self-Instructions 244
- Response-Cost Component 245
- Training Setting 246
- Training Sessions 246
- Final Thoughts 252
- References 254

Chapter Eight • Coping Skills for Anxiety Control in Children 257

- by Nancy Grace, Anthony Spirito, A. J. Finch, Jr., and Edith S. Ott
- Coping Approaches to Anxiety Management 258
- Coping Skills Guidelines 266
- Appendix A: Videotape Script 283
- References 284

Chapter Nine • Child and Adolescent Depression: Cognitive-Behavioral Strategies and Interventions 289

- by Michael P. Carey
- Assessment of Childhood and Adolescent Depression 292
- Cognitive-Behavioral Intervention Models of Depression 295
- Efficacy of Cognitive-Behavioral Intervention Strategies 305
- Summary and Conclusions 310
- References 311

Chapter Ten • Cognitive-Behavioral Intervention for Adolescent Drug Abuse 315

by W. Robert Nay and George R. Ross

Drug Abuse Myths 316

Recognition of the Problem 317

From Conceptualization to Assessment 320

Intervention Targets and Cognitive Treatment Alternatives 323

An Application: The L.I.F.E. Program 339

References 342

Chapter Eleven • Children and Coping with Pain: A Cognitive-Behavioral Management Approach 344

by W. M. Nelson III

What Is Pain? 344

Assessment of Pain in Children: A Brief Overview 349

Intervention Techniques: Other Management Strategies 351

Intervention Techniques: Cognitive-Behavioral Strategies 353

Assessment: Cognitive-Behavioral Procedures 354

Treatment: Stress Inoculation and the Management of Pain 358

Case Study 362

References 367

**PART THREE
Integrative Issues**

Chapter Twelve • A Conceptualization of Psychotherapy with Children and Adolescents 372

by P. M. Politano

Historical Perspective 372

Differences: Young People and Adults 375

Goals and Givens 379

Conceptual Framework for Therapy 381

The Process of Change 386

Summary 390

References 390

Author Index 393
Subject Index 402