

The Coping Cat program (and C.A.T. Project) for treating anxiety disorders in youth

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Following a quick overview of the role of cognition in child anxiety and its treatment, the presentation describes the features of the preferred therapist “posture” and the features of the preferred treatment e.g., coping modeling, changing self-talk, exposure tasks). The workshop will include descriptions of treatment programs (including a CD program) and will conclude with a brief summary of the research literature (“what we know and what we do not yet know”).