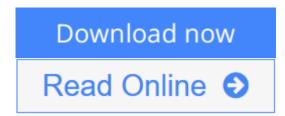


# "The C.A.T. Project" Workbook For The Cognitive Behavioral Treatment Of Anxious Adolescents

By Philip C. Kendall, Muniya Choudhury, Jennifer Hudson, Alicia Webb, Philip C. Kendall, Muniya Choudhury, Jennifer, Webb Hudson, Alicia



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An outgrowth of the popular Coping Cat Program by Philip C. Kendall, the C.A.T. Project provides sixteen sessions for individual cognitive-behavioral treatment (CBT) for anxiety in older adolescents (14-17 years of age) using a workbook format. Content has been adjusted for use with the older population.



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