



## "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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