
Contents

<i>Contributors</i>	xi
<i>Foreword</i> by Thomas Oakland, PhD, ABPP, ABPN	xiii
<i>Preface</i>	xv
<i>Acknowledgments</i>	xvii
<i>Share Cognitive Behavioral Therapy in K–12 School Settings: A Practitioner’s Toolkit</i>	

PART I: INTRODUCTION TO COGNITIVE BEHAVIORAL THERAPY

1. Effectively Integrating CBT Counseling Into School Services	3
DSM-5 Child and Adolescent Diagnoses and Age of Onset	5
Counseling Within Multitiered Systems of Support in Schools	9
Progress Monitoring	12
CBT Efficacy in School-Based Applications	23
2. What Is Cognitive Behavioral Therapy?	27
Psychoeducation	29
Cognitive Restructuring	29
Sentence Completion and If/Then Questionnaires	31
Relaxation Training	37
Contingent Reinforcement	38
Incorporating Technology: Low-Intensity CBT Interventions	38
Case Conceptualization	40
Contraindications for Counseling Therapy	42
Getting Started	43

PART II: COUNSELING STRUCTURE FOR INTERNALIZERS

3. Understanding Internalizing Problems (<i>Olivia Soutullo and Lee Purvis, coauthors</i>)	49
Anxiety and Related Disorders	50
Generalized Anxiety Disorder	50
Selective Mutism Disorder	50
Separation Anxiety Disorder	51
Specific Phobia	52
Social Anxiety Disorder (Social Phobia)	52

Somatic Symptom Disorder	53
Panic Disorder	54
Trauma and Stressor-Related Disorders	55
Adjustment Disorder	55
Posttraumatic Stress Disorder	56
Bipolar and Related Disorders	56
Bipolar I Disorder	56
Cyclothymic Disorder	57
Depressive Disorders	58
Major Depressive Disorder	58
Persistent Depressive Disorder	59
Disruptive Mood Dysregulation Disorder	59
Eating Disorders	60
Anorexia Nervosa	60
Bulimia Nervosa	61
Obsessive-Compulsive and Related Disorders	62
Obsessive-Compulsive Disorder	62
Excoriation (Skin-Picking) Disorder and Trichotillomania (Hairpulling Disorder)	63
Hoarding Disorder	63
Personality Disorders	64
Schizoid Personality Disorder and Schizotypal Personality Disorder	64

4. Cognitive Behavioral Therapy for Internalizing Problems

(Janise Parker, coauthor) 67

Exposure/Response Prevention Therapy	68
When to Use or Not Use Exposure/Response Prevention Therapy	71
Behavioral Activation	71
When to Use or Not Use Behavioral Activation	73
Cognitive Restructuring	73
When to Use or Not Use Cognitive Restructuring	77
Relaxation Training	77
When to Use or Not Use Relaxation Training	77
Social Skills Training	78
When to Use or Not Use Social Skills Training	79

PART III: COUNSELING STRUCTURE FOR EXTERNALIZERS

5. Understanding Externalizing Problems 83

Disruptive, Impulse-Control, and Conduct Disorders	83
Conduct Disorder	84
Intermittent Explosive Disorder	85
Oppositional Defiant Disorder	86
Neurodevelopmental Disorders	87
Attention Deficit Hyperactivity Disorder	87
Autism Spectrum Disorder	88
Tourette's Disorder	89
Bullying in Schools	90

6. Cognitive Behavioral Therapy for Externalizing Problems	93
Identifying Physiological Precursors/Triggers	93
When to Use or Not Use Identification of Physiological Precursors/Triggers	95
Building Feeling Vocabulary	95
When to Use or Not Use Strategies for Building Feeling Vocabulary	96
Cognitive Restructuring	97
When to Use or Not Use Cognitive Restructuring	97
Parent Training	97
When to Use or Not Use Parent Training	98
PART IV: COUNSELING REPORT CASE SAMPLES FOR CHILDREN AND ADOLESCENTS	
7. Elementary School Counseling Sample Reports	101
8. Secondary/Postsecondary Counseling Reports	115
<i>Appendix</i>	141
<i>Index</i>	191