

Modular CBT for Children and Adolescents with Depression: A Clinician's Guide to Individualized Treatment

By Katherine Nguyen Williams PhD, Brent R. Crandal PhD

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Treating adolescents with depression is challenging. This breakthrough book offers a new, cutting-edge treatment for children and teens with depression using a modular cognitive behavioral therapy (CBT) approach.

Modular CBT for Depressed Children and Adolescents offers a user-friendly, step-by-step transdiagnostic approach to help you treat youths whose depression presents in diverse ways. This manual offers a compelling rationale for using modular cognitive behavioral therapy (CBT), a brief overview of the limitations in community mental health that led to the development of the modular approach, distinctions from standard CBT, and a review of the current research supporting the effectiveness of this treatment.

Guided by innovative research and best practices, this book provides practical steps for creating a personalized treatment approach for each client that incorporates safety needs, symptoms presentation, etiology, cultural and spiritual background, and family factors. You will also find tools to create a pragmatic conceptualization that can be coupled with the specialized treatment interventions of modular CBT.

If you are looking for a detailed, session-by-session treatment program that includes specific instructions on how to use the modular approach to meet the individualized needs of your clients, this book will be your guide.

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Editorial Review

Review

"One of the most sweeping changes in health care has been a move away from a 'one size fits all' approach to an era of personalized interventions...Nguyen Williams and Crandals' expertly written book provides illuminating, practical, and easy-to-understand guidance for implementing the most effective intervention for conditions affecting over 10 percent of today's youth. ***It is destined to become a classic in the field.***"
--Jay N. Giedd, MD, professor & chief of child and adolescent psychiatry, University of California, San Diego; past chief of brain imaging, child and adolescent psychiatry, NIMH

"For therapists working with children and adolescents, *Modular CBT for Children and Adolescents with Depression* is a must-read...The authors, both of whom are master clinicians, have developed a resource that all therapists should have on their bookshelves. The book is wonderfully organized, easy to read, and written in a conversational style that brings to life the concepts the authors are trying to teach."
--Sandra Brown, PhD, ABPP, clinical professor of psychiatry, and director of the School of Medicine, UCSD/VA Psychology Internship Training Program

"Nguyen Williams and Crandal have filled an important gap in treatment manuals for practicing clinicians working with children and adolescents. This guide presents the essential skills to address depression in a succinct and straightforward manner. I not only practice with a modular approach, but also supervise students to think in this way as well. I recommend this book for clinicians who are both new to and familiar with cognitive behavioral therapy for depression among children and adolescents."
--Hilary Mead, PhD, Seattle Children's Hospital, Psychiatry and Behavioral Medicine

"Nguyen Williams and Crandal provide a concise and easy-to-implement manual that will help children and adolescents adhere to cognitive behavioral therapy (CBT) principles in a manner relevant to them. A much-needed book for the treatment of mood disorders in these groups."
—Donna Roybal, MD, director of Pediatric Consult-Liaison Services, divisions of child and adolescent psychiatry and mood and anxiety disorders, and departments of psychiatry and pediatrics, University of Texas Health Sciences Center at San Antonio

"Concise, well organized, scientifically based, yet easy to understand and utilize…excellent resource!"
—Rebecca Susan Daily, MD, DFAACAP, FAPA, chief of child and adolescent psychiatry, and vice-chair of child psychiatry in the department of psychiatry and behavioral sciences at the University of Oklahoma

"This text offers clinicians an easily understood map for charting the therapeutic journey that might be taken with a wide range of depressed youth. The organization of core and supplementary skills provides the reader with a clear starting point as well as decision-making guidelines for charting next steps. A valuable resource for both novice and experienced therapists!"

—Brian Buzzella, PhD, ABPP, director of the Family Mental Health Program and codirector of the Clinical Psychology Postdoctoral Residency Program, VA San Diego Healthcare System

"With a rise in commitment to evidence-based practices comes a flood of psychological treatment manuals. Thankfully, Nguyen Williams and Crandal have contributed a unique addition that answers an unmet and critical need in our field. This must-have protocol offers a flexible approach to real-world cases that often require more than traditional cognitive behavioral therapy (CBT) manuals provide. Packed with practical tools, vignettes, and case examples, *Modular CBT for Children and Adolescents with Depression* is an easy-to-follow, culturally sensitive, one-stop-shop for clinicians treating complex juvenile depression."
—Jill A. Stoddard, PhD, coauthor of *The Big Book of ACT Metaphors*, founder and director of The Center for Stress and Anxiety Management, and associate professor at Alliant International University, San Diego, CA

"The authors have managed to combine a user-friendly resource that summarizes current cognitive behavioral therapy (CBT) thinking in the treatment of depression, using both relevant and engaging vignettes that put the reader firmly into the therapist's chair. Therapists in the mental health field and beyond will find a range of methods in this book to effectively treat child and adolescent depression."
—Kate Shelper, MA, APS, clinical supervisor and child psychologist at the Child and Youth Mental Health Service, Queensland Health, Australia

"Nguyen Williams and Crandals' book offers a practical and effective approach for treating depression in adolescents. This book is smart, fun, and a great guide for treating depressed adolescents. Therapists will surely find it easy to use and enjoyable."
—Alejandra Postlethwaite, MD, director of behavioral health services at La Maestra Community Health Centers, and clinical professor of health sciences at the University of California, San Diego

"Finally, a cause for celebration in children's and adolescent mental health! Depressive symptoms in this age group are not uncommon, and they are most often treated with a variety of medications, some of which are prescribed off-label and not tested on children, and others which are ineffective or cause unpleasant side effects. Thus, we welcome the arrival of this truly exceptional book for mental health clinicians and psychotherapists who work with children and adolescents with depression. *Modular CBT for Children and Adolescents with Depression* is so fluidly written and engaging that the professional reader feels immediately connected, and it is also eminently readable and seamlessly organized. The book is a brilliant treatise on the common questions both clinicians and clients have about youth depression, with elucidations of the whats, whens, hows, and whys of this profound diagnosis and treatment. The user-friendly therapeutic techniques are clearly described and explained, and are readily applicable in a clinical setting. Furthermore, they are evidence-based—that is, they have been shown to be effective in numerous studies and clinical trials. Katherine Nguyen Williams and Brent Crandal are to be thanked and congratulated on this significant achievement, a seminal step forward in the treatment of depression in our youth."
—Saul Levine, MD, professor of psychiatry and past division chief of child and adolescent psychiatry at the University of California, San Diego, and psychiatrist-in-chief at Rady Children's Hospital

"Nguyen Williams and Crandal have expertly written a user-friendly, well-organized, and practical manual to support clinicians' systematic and flexible use of evidence-based strategies. This book is a must-have

resource for both novice and experienced clinicians working in community and private practice settings with children and adolescents experiencing depression."
—Lauren Brookman-Frazee, PhD, associate professor in the department of psychiatry at the University of California, San Diego, and associate director of the Child and Adolescent Services Research Center

"An essential resource for therapists in real-world mental health settings working with real-world clients for which complex presentations are the norm. [The guide's] applications are straightforward, manageable, and representative of the current state of psychological science."
—Andrea Letamendi, PhD, TEDx Talks speaker, psychological consultant, and director of clinical training at Hathaway-Sycamores Child and Family Services

"There are many therapy books on the market, but many of them range from nebulous to tedious. Nguyen Williams and Crandal have elucidated the best treatments for child and adolescent depression from the field of cognitive behavioral therapy (CBT), and integrated the effective interventions into this important work. This clinician's guide has been long awaited; clinicians finally have a highly readable and tremendously useful therapy manual that will impact the clinical work being done with depressed children and adolescents across the nation and internationally."
—Gary Youssef, MFT, program manager of outpatient psychiatry at Rady Children's Hospital

About the Author

Katherine Nguyen Williams, PhD, is a licensed supervising psychologist, professor, and clinical faculty member in the department of psychiatry at the University of California, San Diego (UCSD). She is clinical training director of child and adolescent psychology, and director of the Anxiety and OCD Clinic (AOC) at Rady Children's Hospital Outpatient Psychiatry in San Diego, CA, where she provides child and adolescent therapy, and specializes in child and adolescent psychological assessments. She is also founding director of the Center for Child and Adolescent Testing (C-CAT). Dr. Nguyen Williams frequently provides clinical trainings, hospital workshops, and university courses on the topics of evidence-based practices, clinical research, and childhood disorders, both locally and nationally. In addition to an active clinical practice, she teaches and clinically supervises psychology students, marriage and family therapists, social workers, psychiatry fellows, and medical students about the application of modular cognitive behavioral therapy (CBT) for child and adolescent depression and anxiety.
Brent Crandal, PhD, is a clinical psychologist and research investigator at the Chadwick Center for Children and Families at Rady Children's Hospital in San Diego, CA. As a clinician, he has offered evidence-based treatments for children, youth, and families in outpatient, inpatient, pediatric, military, and community mental health settings, and supervises and trains therapists. As a research investigator, Dr. Crandal developed strategies to promote family engagement in services, screen and assess mental health needs, and measure treatment outcomes. He also advances access to care for children and youth in California's Child Welfare and Behavioral Health systems as part of the California Assessment, Screening, and Treatment Initiative.

Users Review

From reader reviews:

Enoch Dutton:

Book is to be different for every grade. Book for children until eventually adult are different content. As we

know that book is very important for us. The book Modular CBT for Children and Adolescents with Depression: A Clinician’s Guide to Individualized Treatment seemed to be making you to know about other expertise and of course you can take more information. It is very advantages for you. The e-book Modular CBT for Children and Adolescents with Depression: A Clinician’s Guide to Individualized Treatment is not only giving you far more new information but also to be your friend when you sense bored. You can spend your current spend time to read your e-book. Try to make relationship with all the book Modular CBT for Children and Adolescents with Depression: A Clinician’s Guide to Individualized Treatment. You never sense lose out for everything should you read some books.

Betty Serrano:

The publication untitled Modular CBT for Children and Adolescents with Depression: A Clinician’s Guide to Individualized Treatment is the reserve that recommended to you to see. You can see the quality of the publication content that will be shown to anyone. The language that publisher use to explained their way of doing something is easily to understand. The author was did a lot of study when write the book, to ensure the information that they share for you is absolutely accurate. You also could get the e-book of Modular CBT for Children and Adolescents with Depression: A Clinician’s Guide to Individualized Treatment from the publisher to make you a lot more enjoy free time.

Jimmy Miller:

Modular CBT for Children and Adolescents with Depression: A Clinician’s Guide to Individualized Treatment can be one of your basic books that are good idea. We all recommend that straight away because this reserve has good vocabulary that will increase your knowledge in words, easy to understand, bit entertaining but still delivering the information. The article author giving his/her effort to place every word into joy arrangement in writing Modular CBT for Children and Adolescents with Depression: A Clinician’s Guide to Individualized Treatment but doesn't forget the main stage, giving the reader the hottest and based confirm resource data that maybe you can be one of it. This great information could drawn you into fresh stage of crucial pondering.

Mary Barnett:

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