



# Cognitive-Behavioral Therapy for Anger and Aggression in Children

*By Denis G. Sukhodolsky PhD, Lawrence Scahill PhD*

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**Cognitive-Behavioral Therapy for Anger and Aggression in Children** By  
Denis G. Sukhodolsky PhD, Lawrence Scahill PhD

This highly practical book presents an evidence-based individual therapy approach for children and adolescents experiencing anger problems. Comprising 10 child sessions and three parent sessions, the treatment addresses anger management, problem solving, and social skills. Sessions are described in step-by-step detail, complete with helpful case examples and therapist scripts. The authors show how to flexibly implement a range of cognitive and behavioral strategies while maintaining treatment fidelity. Reproducibles include 38 worksheets and handouts, plus therapist checklists and parent forms, all in a convenient large-size format for easy photocopying.

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### Editorial Review

#### Review

"This clear, well-written book incorporates evidence-based practices for anger management with children and adolescents. Sukhodolsky and Scahill also draw on their own behavioral treatment research with neuropsychiatric disorders. The book is notable for its practical emphasis on how to implement the program. Another feature that sets this book apart is the inclusion of assertiveness training and methods to help children prevent anger-provoking situations before they occur. It will be a useful text for graduate training in practicum courses and for training clinicians."--John E. Lochman, PhD, ABPP, Professor and Doddridge Saxon Chairholder in Clinical Psychology; Director, Center for Prevention of Youth Behavior Problems, University of Alabama

"Sukhodolsky and Scahill address an important clinical need for professionals treating disruptive behaviors in 8- to 16-year-olds. Based on established research in the field, the approach in this book can be used as a stand-alone treatment or in conjunction with other psychosocial or psychopharmacological therapies. *Cognitive-Behavioral Therapy for Anger and Aggression in Children* is a valuable resource for a wide range of clinicians who provide mental health services to children and adolescents."--Daniel F. Connor, MD, Lockean Distinguished Professor of Psychiatry and Chief, Division of Child and Adolescent Psychiatry, University of Connecticut School of Medicine

"Anger and aggression are major issues for many children and adolescents seen in outpatient settings, and practical, effective interventions are badly needed. This book provides empirically based tools that can help this volatile (yet often fragile) population. One strong asset of the authors' approach is that it attempts to put young people in the driver's seat so they can experience more control and autonomy over their own actions. Most of these patients are not deliberately aggressive; they feel powerless to manage their reactions to upsetting events. This book will help to break this vicious cycle."--Michael Aman, PhD, Nisonger Center for Excellence in Developmental Disabilities, The Ohio State University

#### About the Author

Denis G. Sukhodolsky, PhD, is Assistant Professor at the Yale University Child Study Center. His work concerns the effectiveness and mechanisms of cognitive-behavioral therapy for children with disruptive behavior disorders, anxiety, Tourette syndrome, and autism spectrum disorders. Dr. Sukhodolsky has authored or coauthored over 60 papers and book chapters, and he has received awards from the National Institute of Mental Health, the Tourette Syndrome Association, and the Obsessive-Compulsive Foundation. He also provides clinical care to children and families and teaches cognitive-behavioral therapy to clinical fellows. This book is a result of several clinical trials that examined the effectiveness of cognitive-behavioral therapy for anger and aggression in children and adolescents.

Lawrence Scahill, MSN, PhD, is Professor of Nursing and Child Psychiatry at Yale University, where he is Director of the Research Unit on Pediatric Psychopharmacology (RUPP) Autism Network at the Child Study Center. The RUPP Network is focused on developing and testing new treatments for children with autism spectrum disorders accompanied by disruptive and explosive behavior. Under Dr. Scahill's direction, the Yale group is also actively involved in a clinical trials consortium on Tourette syndrome, the aim of which is to develop and test new pharmacological and behavioral interventions in children and adults with Tourette

syndrome. Dr. Scahill serves on the Medical Advisory Board of the Tourette Syndrome Association and on the editorial boards of several journals.

## **Users Review**

### **From reader reviews:**

#### **Wayne Santiago:**

The reason? Because this Cognitive-Behavioral Therapy for Anger and Aggression in Children is an unordinary book that the inside of the guide waiting for you to snap that but latter it will jolt you with the secret it inside. Reading this book alongside it was fantastic author who also write the book in such awesome way makes the content interior easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of gains than the other book have got such as help improving your ability and your critical thinking way. So , still want to delay having that book? If I were you I will go to the reserve store hurriedly.

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