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***What is Dialectical behavior therapy***

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**for adolescents (DBT)?** Dialectical  
behavior therapy for **adolescents** and  
young adults (DBT) is a clinical program  
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**What is Cognitive Behavioral  
Therapy** Cognitive-behavioral therapy  
(CBT) is a psychotherapeutic approach  
that addresses dysfunctional emotions,

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maladaptive ...

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previous ...

**The Dog Story: Cognitive Behavioral  
Therapy Explained** Jennifer Shannon,

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author of The Shyness and Social  
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simple "Dog Story" to illustrate how ...

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in Youth with Autism Spectrum  
Disorder (ASD)*** Rates of anxiety among  
youth with Autism Spectrum Disorder  
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before we try to understand how they  
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prompt to help keep you motivated and  
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## ***What are Self-Harm Behaviors?***

There are many reasons that someone may self or harm self-injure. It can be as a way to feel our emotional pain physically, or ...

***Coping Cat to treat Anxiety in Children and Adolescents*** Coping Cat is a cognitive behavioral treatment for

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**anxiety** in children and **adolescents**.  
The current video provides  
information ...

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short is one of the main therapeutic ...



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***Emotions*** Dr. Sanno Zack, Clinical  
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Director of Child and **Adolescent**  
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***Managing Worry and Anxiety for  
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to **worry** and provides several  
relaxation strategies for managing  
worried feelings, such as deep ...

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