

## Modular Cbt For Children And Adolescents With Depression A Clinicianaaurtms Guide To Individualized Treatment

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### Modular Cbt For Children And

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Selective mutism is a rare, debilitating condition usually seen in children. Unfortunately, there is little research examining effective treatments for this disorder, and designing an evidence-based treatment plan can be difficult. This case study presents the evidence-based treatment of an 8-year-old Caucasian boy with selective mutism using an established treatment for anxiety— Modular Cognitive-Behavioral Therapy for Childhood Anxiety Disorders (Chorpita, 2007).

### Treating Selective Mutism Using Modular CBT for Child ...

Similarly, modular CBT, which has shown promise as treatment for anxiety disorder in children, was used successfully to treat SM as reported in two recent case studies (Christon, Robinson, &...

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