



## Someone To Talk To: Getting Good at Feeling Better (Paperback)

By Paola Conte, Cheryl Sterling, Larissa Labay

American Psychological Association, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Therapy can be intimidating for anyone, and even more so for children. Someone To Talk To is a straightforward and interactive guide to help children through the therapy process. It is an invaluable therapy accompaniment that covers what to expect, how to prepare, and tips for wrapping up. The pages are full of helpful activities to use before, after, and in conjunction with therapy, as well as useful everyday tools and coping strategies. Also included are separate introductions for parents and caregivers and for children, with more information about therapy, and how and why to use this book and its activities. Authors Paola Conte, PhD, Cheryl Sterling, PhD, and Larissa Labay, PsyD, are pediatric psychologists in private practice who specialize in providing cognitive-behavioral therapy to children, adolescents, and adults.

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