



## **CBT for Children and Adolescents with High-Functioning Autism Spectrum Disorders**

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# CBT for Children and Adolescents with High-Functioning Autism Spectrum Disorders

## **CBT for Children and Adolescents with High-Functioning Autism Spectrum Disorders**

This book helps clinicians harness the benefits of cognitive-behavioral therapy (CBT) for children and adolescents with high-functioning autism spectrum disorders (ASD). Leading treatment developers describe promising approaches for treating common challenges faced by young people with ASD--anxiety and behavior problems, social competence issues, and adolescent concerns around sexuality and intimacy. Chapters present session-by-session overviews of each intervention program, review its evidence base, and address practical considerations in treatment. The book also discusses general issues in adapting CBT for this population and provides a helpful framework for assessment and case conceptualization informed by DSM-5.

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