

## **TREATMENT PROGRAMS FOR ANXIETY IN CHILDREN AND YOUTH**

"Coping Cats" program (Kendall, 1990; Kendall & Hedtke, 2006)  
developed by Child & Adolescent Anxiety Disorders Clinic at Temple University  
targeted for children with anxiety disorders ages 7 - 13

C.A.T. program (Kendall, Choudhury, Hudson & Webb, 2002)  
a CBT approach - therapist manual & child workbook

Camp Cope-A-Lot: The Coping Cat DVD - (CCAL; Kendall & Khanna, 2008)  
animated computer-based program - CBT approach  
12 levels over 12 weeks

FRIENDS for Life children & youth manuals - [www.friendsinfo.net](http://www.friendsinfo.net)  
FunFRIENDS (younger children) manuals - [www.ourfunfriends.com.au](http://www.ourfunfriends.com.au)  
Pathways Health and Research Center - [www.pathwayshrc.com.au/resources](http://www.pathwayshrc.com.au/resources)  
facilitators must attend accredited training workshop before implementing