



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

From The Guilford Press



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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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Editorial Review

Review

"This much-needed book fills a void. It covers CBT principles, research, program planning, interventions and modifications, and myriad related topics. Chapters provide examples of instructional programs that focus on CBT and discuss the role of parents/caregivers in using CBT. While the term 'must have' is overused, I feel it accurately describes this well-written book. The psychosocial approach has the potential to change the lives of many on the autism spectrum."--Brenda Smith Myles, PhD, State and National Partnerships, Ohio Center for Autism and Low Incidence (OCALI)

"Scarpa, White, and Attwood have done a brilliant job of assembling a team of authors who could together construct this timely resource. Each contributor successfully bridges the gap between the literature on CBT for neurotypical children/adolescents and the literature on ASD. The volume informs both practitioners and researchers who are trying to understand and serve these unique youngsters. It is a complete, invaluable tool for anyone seeking to improve the lives of young people on the spectrum and prepare them to be healthy and productive adults."--Valerie L. Gaus, PhD, psychologist, Spectrum Services, New York City

"An extremely valuable book for clinicians, educators, and researchers. It fills a tremendous need for comprehensive information about empirically validated treatments that can address anxiety and the social challenges that many children and adolescents with ASD face. By describing both the treatment approaches and the science behind them, the volume provides practical information that can be useful today, while also setting the stage for future research."--Geraldine Dawson, PhD, Chief Science Officer, Autism Speaks; Department of Psychiatry, University of North Carolina at Chapel Hill

"A truly wonderful addition to the literature. Practical, well written, and easy to use, this book will be a standard for years to come."--Fred R. Volkmar, MD, Irving B. Harris Professor and Director, Child Study Center, Yale University School of Medicine

"The editors of the book *CBT for Children and Adolescents with High-Functioning Autism Spectrum Disorders* have captured the term Evidence Based Practice (EBP) in a manner I have yet to encounter in other treatment books....One of the many parts of the book I appreciated the most was the focus on the collaborative effort between the clinician and the client in the treatment process....The book is most certainly a useful item in the library of professionals and practitioners who are providing services for adolescents on the spectrum. I am especially thankful for the group of authors who included various modalities of treatment and presented the benefits of individual as well as group treatment."
(*Journal of Autism and Developmental Disorders* 2016-01-01)

"An impressive volume comprising chapters written by experts in this field....The book covers psychosocial treatments that are manualized, brief and easily transportable to clinical practice. I found this book to be helpful and I liked the mix of research and clinical applicability. I would recommend this to both clinicians who have no experience in working with youth with HFASD but have experience in delivering CBT, and also to those who are experienced in working with this group who would like more ideas of various interventions out there, or for useful review of the evidence base for each area."
(*Journal of Behavioural and Cognitive Psychotherapy* 2014-07-01)

“There is much to like about this book. The content is quite easy to follow, and the information will be welcomed by readers who are relatively unfamiliar with CBT and its application to youths with high-functioning ASD. Each chapter provides a thorough understanding of the issues associated with ASD, such as difficulties related to anxiety, social interactions, and social competence, before describing how CBT techniques can be modified to address these issues. The inclusion of case studies is a particular strength of the book, and many chapters provide session-by-session content that many clinicians will find helpful in their work with youths with high-functioning ASD...[A] recommended resource for readers who are interested in getting a quick overview of promising CBTs for youths with high-functioning ASD.”

(*PsycCRITIQUES* 2014-07-01)

About the Author

Angela Scarpa, PhD, is Associate Professor of Psychology at Virginia Polytechnic Institute and State University (Virginia Tech), founder and codirector of the Virginia Tech Autism Clinic, and director of the Virginia Tech Center for Autism Research. She is a clinical psychologist whose research and practice focus on the mental health of children, adolescents, and young adults with autism spectrum disorders (ASD). Dr. Scarpa is coauthor (with Anthony Wells and Tony Attwood) of *Exploring Feelings for Young Children with High-Functioning Autism or Asperger's Disorder: The STAMP Treatment Manual*.

Susan Williams White, PhD, is Assistant Professor of Psychology at Virginia Tech and codirector of the Virginia Tech Autism Clinic. She is a clinical psychologist specializing in the treatment of people affected by neurodevelopmental disorders such as ASD. Dr. White has a special interest in interventions for social deficits and co-occurring psychiatric problems, such as anxiety in individuals with ASD, and exploration of transdiagnostic processes such as emotional and behavioral self-regulation. She is the author of *Social Skills Training for Children with Asperger Syndrome and High-Functioning Autism*.

Tony Attwood, PhD, is a clinical psychologist and Chairperson of the Minds and Hearts Clinic in Brisbane, Australia, and Adjunct Professor at Griffith University in Queensland. With over 35 years of clinical experience, he is considered a leading international expert in the field. His publications include *The Complete Guide to Asperger's Syndrome* and *Asperger's Syndrome: A Guide for Parents and Professionals*.

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