

Coping Cat

Scientific Rating:

1

Well-Supported by Research Evidence

[See scale of 1-5](#)

Child Welfare System Relevance Level:

Medium

[See descriptions of 3 levels](#)

About This Program

The information in this program outline is provided by the program representative and edited by the CEBC staff. **Coping Cat** has been rated by the CEBC in the area of: [Anxiety Treatment \(Child & Adolescent\)](#).

Target Population: Children experiencing problematic levels of anxiety

For children/adolescents ages: 7 – 13

For parents/caregivers of children ages: 7 – 13

Brief Description

Coping Cat is a cognitive-behavioral treatment for children with anxiety. The program incorporates 4 components:

- Recognizing and understanding emotional and physical reactions to anxiety
- Clarifying thoughts and feelings in anxious situations
- Developing plans for effective coping
- Evaluating performance and giving self-reinforcement

Coping Cat also has a version for adolescents, ages 14-17, known as the [C.A.T. Project](#) which is highlighted on the CEBC as well.

Program Goals:

The overall goal of **Coping Cat** is:

- Reduce anxiety

Essential Components

The essential components of the **Coping Cat** program include:

- Psychoeducation, involving information for children and families about how anxiety can develop and be maintained, and how it can be treated
- Exposure tasks, which give the child the chance to be in the feared situation and have a mastery experience
- Somatic management, which teaches relaxation techniques
- Cognitive restructuring which addresses FEAR: Feeling frightened, expecting bad things, attitudes and actions that will help, and results and rewards
- Problem solving to generate and evaluate specific actions for dealing with problems
- For group sessions, 4-5 participants per group is recommended

Child/Adolescent Services

Coping Cat directly provides services to children/adolescents and addresses the following:

- Anxiety

Parent/Caregiver Services

Coping Cat directly provides services to parents/caregivers and addresses the following:

- Parents are involved in the child-focused (individual treatment) program, and meet in sessions 4 and 9, as well as in other sessions as needed for the exposure tasks. There is also a family (parents included) treatment section.

Recommended Parameters

Recommended Intensity:

Weekly 50-minute sessions

Recommended Duration:

The typical implementation schedule is 16 weeks. The computer-assisted intervention, Camp Cope-a-Lot, is 12 sessions with less than half of the sessions requiring professional time.

Delivery Settings

This program is typically conducted in a(n):

- Community Agency
- Group Home
- Hospital
- Residential Care Facility
- School

Homework

Coping Cat includes a homework component:

One STIC task (where STIC stands for "Show That I Can") is assigned per week.

Languages

Coping Cat has materials available in languages other than English:

Chinese, Hungarian, Japanese, Norwegian, Spanish

For information on which materials are available in these languages, please check on the program's website or contact the program representative ([contact information](#) is listed at the bottom of this page).

Resources Needed to Run Program

The typical resources for implementing the program are:

- Child workbook
- Therapist manual
- Office space
- Access to an internet-connected computer if using the computer-assisted program

Minimum Provider Qualifications

None have been set at this time.

Education and Training Resources

There is a manual that describes how to implement this program, and there is training available for this program.

Training Contact:

- **Dr. Philip C. Kendall**
Temple University
pkendall@temple.edu

Training is obtained:

There are several training DVDs, including a computer-based training program (CBT4CBT) available at www.WorkbookPublishing.com

Number of days/hours:

The DVDs range in time from 40-90 minutes.

Implementation Information

Since ***Coping Cat*** is rated on the Scientific Rating Scale, information was requested from the program representative on available pre-implementation assessments, implementation tools, and/or fidelity measures.

Relevant Published, Peer-Reviewed Research

This program is rated a "**1 - Well-Supported by Research Evidence**" on the Scientific Rating Scale based on the published, peer-reviewed research available. The program must have at least two rigorous randomized controlled trials with one showing a sustained effect of at least 1 year. The article(s) below that reports outcomes from an RCT showing a sustained effect of at least 1 year has an asterisk (*) at the beginning of its entry. Please see the [Scientific Rating Scale](#) for more information.

Child Welfare Outcome: [Child/Family Well-Being](#)

References

Kendall, P. C., & Hedtke, K. (2006). *Cognitive-behavioral therapy for anxious children: Therapist manual* (3rd ed.). Ardmore, PA: Workbook Publishing.

Kendall, P. C., & Hedtke, K. (2006). *Coping Cat workbook*. (2nd ed). Ardmore, PA: Workbook Publishing.

Khanna, M., & Kendall, P. C. (2008). Computer assisted CBT for child anxiety: The Coping Cat CD-ROM. *Cognitive and Behavioral Practice*, 15, 159-165.

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