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


Contact Information

Name: Philip C. Kendall, PhD, ABPP
Agency/Affiliation: Temple University
Website: www.workbookpublishing.com
Email: pkendall@temple.edu
Phone: (215) 204-7165
Fax: (215) 204-0565

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