

MINDBRIDGE

Condition Specific CBT Readings

I. Condition Specific CBT

Based on an array of the most prevalent Mental Health Disorders among adolescents with Developmental Disabilities

Anxiety Disorders

[Cognitive Behavioral Therapy for Anxiety Disorders in Children | NYU Langone Health](#)

[Anxiety among kids is on the rise. Wider access to CBT may provide needed solutions](#)

[CBT for Childhood Anxiety | Empower Your Child](#)

Attention Deficit Hyperactivity Disorder (ADHD)

[Cognitive Behavioral Therapy for ADHD: How Can It Help?](#)

[CBT for Children with ADHD](#)

[CBT Exercises for ADHD | Associated Clinic of Psychology](#)

Depression

[Treatment for Depression | Child Mind Institute](#)

[CBT for Youth with Depression - Beck Institute](#)

[Depression Treatments for Children and Adolescents](#)

Mood Disorders

[Pediatric Mood Disorders | Fact Sheet - ABCT - Association for Behavioral and Cognitive Therapies](#)

[Mood Disorders in Children and Adolescents.](#)



Obsessive-Compulsive Disorder (OCD)

[Cognitive Behavioral Treatment Of Childhood OCD: It's Only A False Alarm: Therapist Guide | Psychology Tools](#)

[Childhood OCD – CBT Associates](#)

[Intensive Treatment for OCD and Anxiety – Child Mind Institute](#)

Trauma-Related Disorders

[Treatment for PTSD – Child Mind Institute](#)

[Trauma-Focused Cognitive Behavioral Therapy | National Gang Center](#)

[Trauma-Focused Cognitive Behavioral Therapy: A Primer for Child Welfare Professionals](#)