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Free CBT Workbooks –

Target Age Group (Children and Teens)

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Target Age Group (Ages 6 – 14)

[Trauma Focused Cognitive Behavioral Therapy Workbook](#)

Target Age Group (Ages 6 – 17)

[Cognitive-behavioral therapy teaching materials for children with high functioning autism](#)

Target Age Group (Ages 6 – 14)

[12 Printable CBT Worksheets for Kids](#)

Target Age Group (Ages 12 – 17)

[Psychology Tools: CBT Worksheets and Therapy Resources](#)

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[CBT Worksheets for Children | Therapist Aid](#)

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Target Age Group (Ages 12 – 17)

[Cognitive Distortion Cards](#)

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[Brief Cognitive Behavioral Therapy Intervention Techniques with Age Specific Interventions](#)

Target Age Group (Ages 14 – 18)

[Visual CBT: Using Pictures to Help You Apply Cognitive Behaviour Therapy to Change Your Life](#)

Target Age Group (14 – 18)

[Coping Skills Workbook for Teens: How to Manage Anger, Anxiety & Stress, and Use CBT and DBT Exercises for Lifelong Emotional Regulation](#)