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Stand Up, Speak Out: Workbook: Client Workbook (Treatments That Work)

Anne Marie Albano, Patricia Marten DiBartolo

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The *Stand Up, Speak Out* Workbook is for adolescents ages 13 - 18 who are participating in the group treatment outlined in the corresponding Therapist Guide, *Cognitive-Behavioral Therapy for Social Phobia in Adolescents*. The program is designed to help teens with excessive shyness or social anxiety learn how to cope in social situations. This workbook is designed to augment the treatment and contains educational information, worksheets, tips for problem solving, and at-home exercises. Age-appropriate and engaging, this workbook is easy-to-read and includes space for keeping session notes, as well as forms for tracking progress.

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