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Coping Cat is a cognitive-behavioral treatment for children with anxiety.

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Coping Cat Program at Rundlett Middle School Coping Cat 18 sessions Skill-building segment (9 sessions) Practice segment (9 sessions) Recommended group size 3 to 5 greater than 5, requires a co-therapist Gender Single-gender groups recommended Each session projected to last an hour and a half Adaptation at RMS

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recognize signs of anxious arousal and to implement The 16-week Coping Cat program (Kendall, 1994) has strategies to better cope with anxiety-provoking situations. been modified (i.e., Coping Koala; Barrett, Dadds, & Youth who participate in the program learn to identify, Rapee, 1996) and evaluated independently in Australia regulate, and cope with their anxiety.

The **Coping Cat Manual** (Kendall & Hedtke, 2006a) exemplifies the concepts of flexibility within fidelity by offering suggestions within the manual of places where the therapist can be flexible (i.e., “flex” call outs).

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