

# PUBLICATION SERIES

Office of Mental Health and Substance Abuse Services

## HOW TO THINK, NOT WHAT TO THINK: A Cognitive Approach to Prevention of Early High-Risk Behaviors in Children

by

Myrna B. Shure, Ph.D.

© 1997



## PUBLICATION SERIES

**Office of Mental Health and Substance Abuse Services  
Bureau of Children's Behavioral Health Services  
DGS Annex Complex, Beechmont Building, 2<sup>nd</sup> Floor  
P. O. Box 2657  
Harrisburg, PA 17105  
Phone: (717) 772-7984; Fax (717) 705-8268**

---

**Director:** Stanley Mrozowski, Ph.D.

**Marketing Communications Specialist and Series Editor:** Harriet S. Bicksler, M.A.

### **Editorial Policy:**

Papers accepted for publication should reflect the core principles of Pennsylvania CASSP (child-centered, family-focused, community-based, multi-system, culturally competent and least restrictive/least intrusive). They should be literate, coherent, respectful and promote the mission and guiding principles of the Office of Mental Health and Substance Abuse Services.

The Office of Mental Health and Substance Abuse Services encourages the submission of articles for the series and will also solicit papers from a wide variety of authors, including behavioral health professionals, providers and family members. However, the Institute is under no obligation to publish papers it receives. When a paper has been accepted, the series editor will work with the writer(s) in the publication process. All articles are reviewed by an editorial advisory committee before publication.

Originally published in 1997 by the former PA CASSP Training and Technical Assistance Institute  
© 2008, Office of Mental Health and Substance Abuse Services  
For inquiries about reprints, please contact the series editor at [c-hbicksle@state.pa.us](mailto:c-hbicksle@state.pa.us)