



Treating Childhood and Adolescent Anxiety: A Guide for Caregivers

Eli R. Lebowitz, Haim Omer

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"Lebowitz and Omer have taken the latest and most relevant scientific research and synthesized it into an essential read for caregivers of anxious children. *Treating Childhood and Adolescent Anxiety: A Guide for Caregivers* provides an 'inside look' at the nuts and bolts of cognitive behavioral therapy (CBT) for childhood anxiety—the treatment of choice among leading researchers and experts. The book is filled with analogies, examples, and practical advice that professionals and parents will refer back to over and over again."

—Candice A. Alfano, PhD; Director, Sleep and Anxiety Center for Kids (SACK) Associate Professor, Department of Psychology, University of Houston

Practical real-life solutions for children living with anxiety

Focusing on the special role of the caregiver in achieving successful treatment

Focusing on the treatment of childhood anxiety, both in one-on-one therapist to child treatment and within the family, *Treating Childhood and Adolescent Anxiety: A Guide for Caregivers* adopts an integrated approach presenting novel strategies to help mental health professionals and families create change and momentum in otherwise stagnant situations.

This empowering guide offers practical, evidence-based, and theory-driven strategies for helping children to overcome anxiety, even if they resist treatment. Uniquely providing concrete advice for both the therapeutic and home environment, this insightful book covers:

- What to do when anxiety takes over the family
- School phobia and school refusal
- Working with highly dependent young adults
- Parental support and protection
- Creating and maintaining family boundaries
- A walk-through of The Supportive Parenting for Anxious Childhood Emotions (SPACE) Program
- Cognitive, behavioral, physiological, and emotion-based tools for treating anxiety
- Medication for childhood anxiety

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From reader reviews:

Frank Farrow:

A lot of people always spent all their free time to vacation or perhaps go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity this is look different you can read any book. It is really fun for you personally. If you enjoy the book that you simply read you can spent the whole day to reading a book. The book Treating Childhood and Adolescent Anxiety: A Guide for Caregivers it is rather good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In case you did not have enough space to develop this book you can buy typically the e-book. You can m0ore effortlessly to read this book through your smart phone. The price is not too expensive but this book features high quality.

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Eunice Holt:

The book untitled Treating Childhood and Adolescent Anxiety: A Guide for Caregivers contain a lot of information on that. The writer explains the girl idea with easy method. The language is very straightforward all the people, so do not really worry, you can easy to read this. The book was compiled by famous author. The author provides you in the new age of literary works. You can read this book because you can please read on your smart phone, or gadget, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can open their official web-site and also order it. Have a nice read.

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