



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:

Kate Vasquez:

The book Treating Childhood and Adolescent Anxiety: A Guide for Caregivers can give more knowledge and information about everything you want. Exactly why must we leave the best thing like a book Treating Childhood and Adolescent Anxiety: A Guide for Caregivers? Several of you have a different opinion about publication. But one aim that will book can give many data for us. It is absolutely appropriate. Right now, try to closer with your book. Knowledge or information that you take for that, you can give for each other; you can share all of these. Book Treating Childhood and Adolescent Anxiety: A Guide for Caregivers has simple shape however, you know: it has great and big function for you. You can appear the enormous world by available and read a e-book. So it is very wonderful.

Arlene Farrar:

Hey guys, do you wishes to finds a new book to see? May be the book with the concept Treating Childhood and Adolescent Anxiety: A Guide for Caregivers suitable to you? Often the book was written by renowned writer in this era. The actual book untitled Treating Childhood and Adolescent Anxiety: A Guide for Caregivers is the main one of several books in which everyone read now. This book was inspired a lot of people in the world. When you read this e-book you will enter the new shape that you ever know prior to. The author explained their concept in the simple way, therefore all of people can easily to comprehend the core of this publication. This book will give you a lots of information about this world now. So that you can see the represented of the world within this book.

Brooke Fisher:

Playing with family within a park, coming to see the water world or hanging out with pals is thing that usually you will have done when you have spare time, then why you don't try thing that really opposite from that. 1 activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love Treating Childhood and Adolescent Anxiety: A Guide for Caregivers, you could enjoy both. It is great combination right, you still wish to miss it? What kind of hang type is it? Oh can occur its mind hangout people. What? Still don't obtain it, oh come on its called reading friends.

Josie Garcia:

Many people spending their time by playing outside together with friends, fun activity with family or just watching TV all day every day. You can have new activity to invest your whole day by reading a book. Ugh, ya think reading a book will surely hard because you have to take the book everywhere? It alright you can have the e-book, delivering everywhere you want in your Touch screen phone. Like Treating Childhood and Adolescent Anxiety: A Guide for Caregivers which is finding the e-book version. So , why not try out this book? Let's see.

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