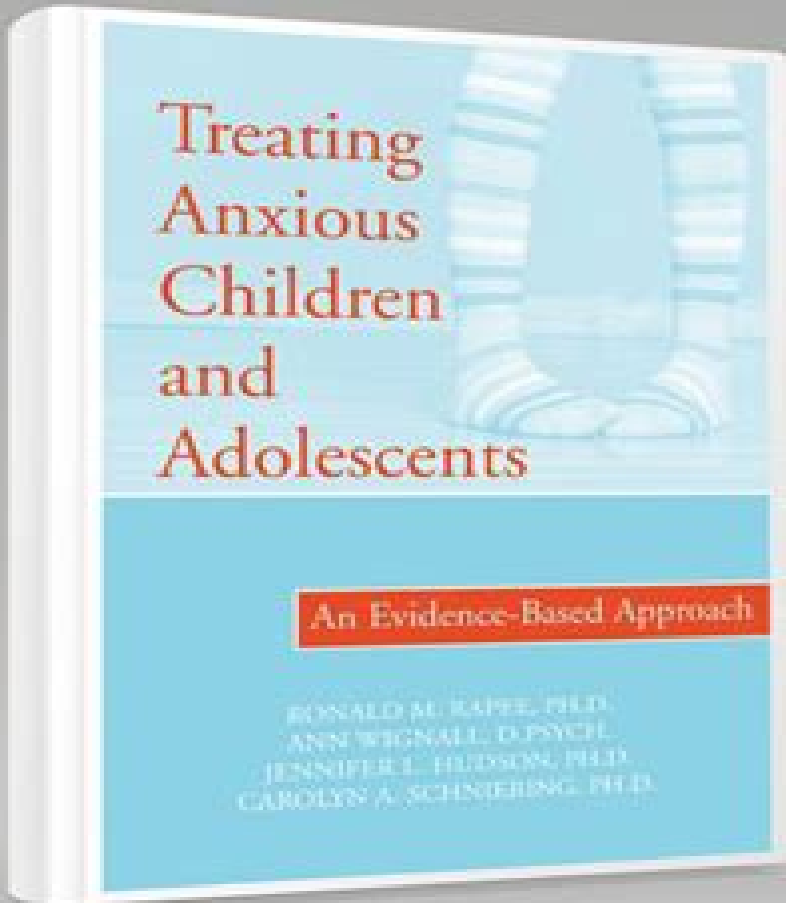




Treating Anxious Children and Adolescents

An Evidence-Based Approach

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Treating Anxious Children And Adolescents An Evidence Based Approach

Albert R. Roberts, Kenneth R. Yeager



Treating Anxious Children And Adolescents An Evidence Based Approach:

Treating Anxious Children and Adolescents Ronald M. Rapee, 2000 This handbook offers mental health professionals clear detailed guidelines for conducting effective treatment procedures for children and adolescents suffering from anxiety disorders

Evidence-Based CBT for Anxiety and Depression in Children and Adolescents Elizabeth S. Sbrulati, Heidi J. Lyneham, Carolyn A. Schniering, Ronald M. Rapee, 2014-04-08 Evidence Based CBT for Anxiety and Depression in Children and Adolescents This should be on the bookshelf of everyone treating anxious and depressed children and adolescents A cornucopia of theory and clinical good sense alike I will be making sure that my trainees read it cover to cover Dr Samantha Cartwright Hatton Senior Clinical Research Fellow in Psychology University of Sussex This is the first book to offer an explicitly competencies based approach to the cognitive behavioral treatment of anxiety and depression in children and adolescents Within it an outstanding and influential set of experts in the field describe a comprehensive model of therapist competencies required for empirically supported cognitive behavioral treatment They explore each of these competencies in great detail and highlight effective ways of training them As a result the book not only supports the training development and assessment of competent clinicians who are implementing CBT it is also invaluable for clinicians who wish to gain an understanding of the competencies they need to acquire or improve and offers guidelines for how to achieve these providing a benchmark against which they can assess themselves Evidence Based CBT for Anxiety and Depression in Children and Adolescents works to improve the quality of therapists working in this area and as a result the quality of treatment that many young people receive

Evidence-Based CBT for Anxiety and Depression in Children and Adolescents Elizabeth S. Sbrulati, Heidi J. Lyneham, Carolyn A. Schniering, Ronald M. Rapee, 2014-05-12 Evidence Based CBT for Anxiety and Depression in Children and Adolescents This should be on the bookshelf of everyone treating anxious and depressed children and adolescents A cornucopia of theory and clinical good sense alike I will be making sure that my trainees read it cover to cover Dr Samantha Cartwright Hatton Senior Clinical Research Fellow in Psychology University of Sussex This is the first book to offer an explicitly competencies based approach to the cognitive behavioral treatment of anxiety and depression in children and adolescents Within it an outstanding and influential set of experts in the field describe a comprehensive model of therapist competencies required for empirically supported cognitive behavioral treatment They explore each of these competencies in great detail and highlight effective ways of training them As a result the book not only supports the training development and assessment of competent clinicians who are implementing CBT it is also invaluable for clinicians who wish to gain an understanding of the competencies they need to acquire or improve and offers guidelines for how to achieve these providing a benchmark against which they can assess themselves Evidence Based CBT for Anxiety and Depression in Children and Adolescents works to improve the quality of therapists working in this area and as a result the quality of treatment that many young people receive

The Wiley-Blackwell Handbook of The Treatment of Childhood and Adolescent

Anxiety Cecilia A. Essau, Thomas H. Ollendick, 2012-11-26 Wiley Blackwell Handbook of the Treatment of Childhood and Adolescent Anxiety presents a collection of readings from leading experts that reveal the most effective evidence based interventions for the prevention and treatment of anxiety disorders in children and adolescents Features expertise of the foremost scientist practitioners in the field of child and adolescent anxiety Includes state of the art information on psychological interventions from each author Written in a clear and easy to follow manner for a wide audience

Evidence-Based Practice Manual Albert R. Roberts, Kenneth R. Yeager, 2004-01-15 The Evidence Based Practice Manual was developed as an all inclusive and comprehensive practical desktop resource It includes 104 original chapters each specially written by the most prominent and experienced medical public health psychology social work criminal justice and public policy practitioners researchers and professors in the United States and Canada This book is specifically designed with practitioners in mind providing at a glance overviews and direct application chapters This is the only interdisciplinary volume available for locating and applying evidence based assessment measures treatment plans and interventions Particular attention has been given to providing practice guidelines and exemplars of evidence based practice and practice based research The Evidence Based Practice Manual emphasizes and summarizes key elements issues concepts and how to approaches in the development and application of evidence based practice Discussions include program evaluation quality and operational improvement strategies research grant applications validating measurement tools and utilizing statistical procedures Concise summaries of the substantive evidence gained from methodologically rigorous quantitative and qualitative research provide make this is an accessible resource for a broad range of practitioners facing the mandate of evidence based practice in the health and human services

Evidence-Based CBT for Anxiety and Depression in Children and Adolescents Elizabeth S. Sbrulati, Heidi J. Lyneham, Carolyn A. Schniering, Ronald M. Rapee, 2014-04-25 Covers a range of essential competencies including building a positive therapeutic relationship case formulation managing negative thoughts changing maladaptive behaviours and modifying the family environment

Foundations of Evidence-Based Social Work Practice Albert R. Roberts, Kenneth R. Yeager, 2006-02-02 This concise introduction to evidence based social work practice culls the most salient chapters from the interdisciplinary Evidence Based Practice Manual to form a student friendly overview of the issues and interventions they will encounter throughout their BSW or MSW program Part I defines terms and critical issues introducing students to the language and importance of evidence based practice and critical thinking Chapters will explain how to search for evidence how to evaluate what evidence really is how to ask the right questions how to develop standards and how practitioners make use of research Part II consists of practical applications with each chapter focusing on a particular intervention or population Topics include cognitive behavioral approaches to suicide risks manualized treatment with children treating juvenile delinquents and interventions for OCD anxiety disorders substance abuse PTSD depression and recovery Several chapters from the special edition of Brief Treatment Crisis

Intervention on evidence based practice as well as two original chapters round out this much needed introduction to evidence based social work practice

Handbook of Evidence-Based Practice in Clinical Psychology, Child and Adolescent Disorders Michel Hersen, Peter Sturmey, 2012-06-05 Handbook of Evidence Based Practice in Clinical Psychology Volume 1 covers the evidence based practices now identified for treating children and adolescents with a wide range of DSM disorders Topics include fundamental issues developmental disorders behavior and habit disorders anxiety and mood disorders and eating disorders Each chapter provides a comprehensive review of the evidence based practice literature for each disorder and then covers several different treatment types for clinical implementation Edited by the renowned Peter Sturmey and Michel Hersen and featuring contributions from experts in the field this reference is ideal for academics researchers and libraries

A Primer Of Child And Adolescent Psychiatry Yiming Cai, Daniel Shuen Sheng Fung, 2008-08-15 This unique volume chronicles the combined experiences of the multidisciplinary team on the clinical practice of child and adolescent psychiatry A culmination of the authors past 37 years of training medical students and other allied health trainees this text is designed with the needs of the busy clinician in mind Its broad coverage of the subject the use of relevant clinical histories and findings to illustrate key points as well as discussions on common treatment side effects make it a very helpful and practical book Medical students in their third through final years trainees in psychiatry psychology and social work psychologists teacher counselors medical social workers pediatricians interested in child mental health and family physicians will find this book particularly useful and stimulating

Cognitive Therapy with Children and Adolescents Philip C. Kendall, 2017-09-01 Thousands of clinicians and students have turned to this casebook now completely revised with 90% new material to see what cognitive behavioral therapy CBT looks like in action with the most frequently encountered child and adolescent disorders Concise and accessible the book is designed for optimal utility as a clinical resource and course text Leading scientist practitioners provide a brief overview of each clinical problem and its assessment and management Chapters are organized around one or more detailed case examples that demonstrate how to build rapport with children and families plan effective age appropriate treatment and deliver evidence based interventions using a variety of therapeutic strategies and materials Prior edition editors Mark A Reinecke Frank M Dattilio and Arthur Freeman New to This Edition Most chapters are new reflecting nearly 15 years of advances in theory and research Additional chapter topics generalized anxiety disorder and family based treatment of adolescent substance abuse Streamlined more concise format makes the book even more user friendly Increased attention to cultural considerations and transdiagnostic treatment strategies

Starving the Anger Gremlin for Children Aged 5-9 Kate Collins-Donnelly, 2014-08-21 The Anger Gremlin is a naughty creature who loves to feed on angry feelings and the angrier you get the bigger he gets Packed with fun simple activities and games it will help children aged 5-9 understand why they get angry and how they can control their angry feelings to make the Anger Gremlin go away Suitable for parents and practitioners

Future Work in Clinical Child and Adolescent Psychology

Mitchell J. Prinstein, 2018-10-18 Preeminent clinical child and adolescent psychological scientists offer an agenda for future research in this compendium of thought pieces On a wide range of topics including ADHD depression self injury emotion regulation conduct problems addictions clinical assessment and therapy and many more scientists review the current state of the literature and offer specific recommendations for what investigators next need to tackle to reduce mental illness among youth Chapters include a discussion of theories and methods in clinical child and adolescent psychology current funding priorities and the intersection of traditional clinical psychology research with the burgeoning field of psychological neuroscience This book is an essential resource for classes on clinical child and adolescent psychopathology and treatment It also provides a unique guide for undergraduate and early graduate students who are determining how to start their research careers in the field All of the chapters in this book were originally published as articles in the Journal of Clinical Child and Adolescent Psychology

The Wiley Handbook of Anxiety Disorders Paul Emmelkamp, Thomas Ehring, 2014-03-31 This state of the art Handbook on the research and treatment of anxiety and related disorders is the most internationally and clinically oriented Handbook currently available encompassing a broad network of researchers from leading experts in the field to rising stars The very first handbook to cover anxiety disorders according to the new DSM 5 criteria Published in two volumes the International Handbook provides the most wide ranging treatment of the state of the art research in the anxiety disorders Offers a truly international aspect including authors from different continents and covering issues of relevance to non Western countries Includes discussion of the latest treatments including work on persistence of compulsions virtual reality exposure therapy cognitive bias modification cognitive enhancers and imagery rescripting Covers treatment failures transdiagnostic approaches and includes treatment issues for children as well as the older population Edited by leaders in the field responsible for some of the most important advances in our understanding and treatment of anxiety disorders 2 Volumes

Handbook of Australian School Psychology Monica Thielking, Mark D. Terjesen, 2017-01-26 This handbook addresses the current state and practice of school psychology with a focus on standards unique to Australia including historical legal ethical practical and training factors It provides a compilation of the most current research based practices as well as guidelines for evidence based assessment and intervention for common conditions e g autism depression learning disabilities and for delivering appropriate services to targeted student populations e g LGBT gifted medical issues Chapters discuss the application of national and international school psychology practices within the Australian educational and psychological structure The handbook also examines the lack of formal resources specific to Australia s culture and psychology systems with its unique mix of metropolitan cities and the vast geographic landscape that spans regional and remote areas It offers numerous case studies and innovative school mental health programs as well as recommendations for professional development and advocacy that are unique to Australian school psychology Topics featured in this Handbook include Evidence based assessment and intervention for dyscalculia and mathematical disabilities Identification and

management of adolescent risk taking behaviors and addictions Understanding and responding to crisis and trauma in the school setting Prevention and intervention for bullying in schools Class and school wide approaches to addressing behavioral and academic needs The role of school psychologists in the digital age Practical advice for school psychologists facing complex ethical dilemmas The Handbook of Australian School Psychology is a must have resource for researchers scientist practitioners and graduate students in child and school psychology social work and related fields that address mental health services for children and adolescents

Lewis's Child and Adolescent Psychiatry Andrés Martin,Fred R. Volkmar,Melvin Lewis,2007 Established for fifteen years as the standard work in the field Melvin Lewis s Child and Adolescent Psychiatry A Comprehensive Textbook is now in its Fourth Edition Under the editorial direction of Andr s Martin and Fred R Volkmar two of Dr Lewis s colleagues at the world renowned Yale Child Study Center this classic text emphasizes the relationship between basic science and clinical research and integrates scientific principles with the realities of drug interactions This edition has been reorganized into a more compact clinically relevant book and completely updated with two thirds new contributing authors The new structure incorporates economics diversity and a heavy focus on evidence based practice Numerous new chapters include genetics research methodology and statistics and the continuum of care and location specific interventions A companion Website provides instant access to the complete fully searchable text

Rutter's Child and Adolescent Psychiatry Anita Thapar,Daniel S. Pine,James F. Leckman,Stephen Scott,Margaret J. Snowling,Eric A. Taylor,2017-12-26 Rutter s Child and Adolescent Psychiatry is the leading textbook in its field Both interdisciplinary and international it provides a coherent appraisal of the current state of the field to help researchers trainees and practicing clinicians in their daily work Integrating science and clinical practice it is a comprehensive reference for all aspects of child and adolescent psychiatry New to this full color edition are expanded coverage on classification including the newly revised Diagnostic and Statistical Manual of Mental Disorders DSM 5 and new chapters on systems neuroscience relationship based treatments resilience global psychiatry and infant mental health From an international team of expert editors and contributors this sixth edition is essential reading for all professionals working and learning in the fields of child and adolescent mental health and developmental psychopathology as well as for clinicians working in primary care and pediatric settings Michael Rutter has contributed a number of new chapters and a Foreword for this edition I greatly welcome this new edition as providing both a continuity with the past and a substantial new look Professor Sir Michael Rutter extract from Foreword Reviews of previous editions This book is by far the best textbook of Child Adolescent Psychiatry written to date Dr Judith Rapoport NIH The editors and the authors are to be congratulated for providing us with such a high standard for a textbook on modern child psychiatry I strongly recommend this book to every child psychiatrist who wants a reliable up to date comprehensive informative and very useful textbook To my mind this is the best book of its kind available today Journal of Child Psychology and Psychiatry

Cognitive Behaviour Therapy for Children and Families Philip Graham,Shirley Reynolds,2013-03-14

Comprehensive authoritative coverage of the cognitive behaviour therapy interventions for all conditions seen in children and adolescents *Talking Back to OCD* John S. March, 2006-12-28 No one wants to get rid of obsessive compulsive disorder more than someone who has it That's why Talking Back to OCD puts kids and teens in charge Dr John March's eight step program has already helped thousands of young people show the disorder that it doesn't call the shots they do This uniquely designed volume is really two books in one Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions The pages that follow show parents how to be supportive without getting in the way The next time OCD butts in your family will be prepared to boss back and show an unwelcome visitor to the door Association for Behavioral and Cognitive Therapies ABCT Self Help Book of Merit

The Oxford Handbook of Treatment Processes and Outcomes in Psychology Sara Maltzman, 2016-06-15 The Oxford Handbook of Treatment Processes and Outcomes in Psychology presents a multidisciplinary approach to a biopsychosocial translational model of psychological treatment across the lifespan It describes cutting edge research across developmental clinical counseling and school psychology social work neuroscience and psychopharmacology The Handbook emphasizes the development of individual differences in resilience and mental health concerns including social environmental and epigenetic influences across the lifespan particularly during childhood Authors offer detailed discussions that expand on areas of research and practice that already have a substantive research base such as self regulation resilience defining evidence based treatment and describing client related variables that influence treatment processes Chapters in newer areas of research are also included e g neuroimaging medications as adjuncts to psychological treatment and the placebo effect Additionally authors address treatment outcomes such as evaluating therapist effectiveness assessing outcomes from different perspectives and determining the length of treatment necessary to attain clinical improvement The Handbook provides an entrance to the research as well as hands on guidance and suggestions for practice and oversight making it a valuable resource for graduate students practitioners researchers and agencies alike *Handbook of Child and Adolescent Psychology Treatment Modules* Lara Jean Farrell, Rachael Murrihy, Cecilia A. Essau, 2023-08-17 Handbook of Child and Adolescent Psychology Treatment Modules Personalized Care in Behavior and Emotion provides clinicians with modularized treatment strategies for commonly occurring child and youth mental health disorders Divided into two sections the first part of the book translates basic science into clinical practice reviewing predictors mediators and moderators of change and an overview of evidence for best practices in treating disorders The second section guides clinicians on how to implement treatment strategies Chapters instruct what therapy is how to introduce it to clients step by step implementation worksheets for use in practice homework to send home with clients and more Summarizes evidence base and best practices for therapy Provides a step by step guide to implementing therapy Includes treatment activities clinical worksheets and client homework Describes challenges to implementation along with solutions Identifies ways to facilitate adherence buy in

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