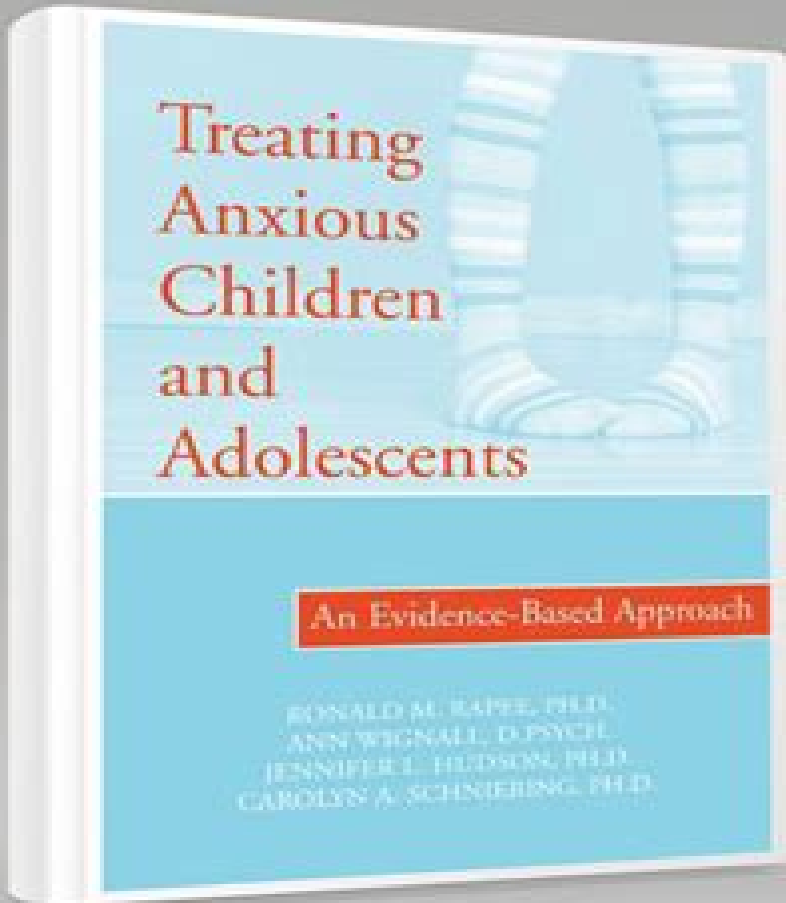




Treating Anxious Children and Adolescents

An Evidence-Based Approach

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Treating Anxious Children And Adolescents An Evidence Based Approach

Philip C. Kendall



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. Sbulati, 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. Sbulati, 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

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 **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 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

Evidence-Based CBT for Anxiety and Depression in Children and Adolescents Elizabeth S. Sburlati,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

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

The Therapist's Notebook for Children and Adolescents Catherine Ford Sori, Lorna Hecker, Molli E. Bachenberg, 2015-07-24 In The Therapist's Notebook for Children and Adolescents 2nd ed you'll find the most powerful tools available for aiding children with their feelings incorporating play techniques into therapy encouraging appropriate parental involvement in family sessions and providing group therapy to children This ready reference is divided into ten thoughtfully planned sections to make it easy to find the right activity handout or intervention for the problem at hand whether you're looking for creative ideas running a children's group putting interventions into practice in the classroom or looking for ways to increase parental and familial involvement Instructions for the activities are clearly explained and highlighted with case examples and many illustrations Chapters are by leading experts including Eliana Gil Ris VanFleet Liana Lowenstein Howard Rosenthal and Volker Thomas and explore strategies for treating children both individually and in a family context With more than 60% new material this expanded version delves into the latest research and thinking on family play therapy and addresses many pertinent issues of our time including bullying suicidal ideation ADHD autism adolescents and sex and

cultural issues It s a must have arsenal for both novice and experienced professionals in family therapy play therapy psychology psychiatry counseling education nursing and related fields

Cognitive Therapy Techniques for Children and Adolescents Robert D. Friedberg, Jessica M. McClure, Jolene Hillwig Garcia, 2014-10-17 Providing a wealth of practical interventions and activities all organized within a state of the art modular framework this invaluable book helps child clinicians expand their intervention toolkits Building on the bestselling Clinical Practice of Cognitive Therapy with Children and Adolescents which addresses the basics of treatment Friedberg et al in their latest volume provide additional effective ways for engaging hard to reach clients addressing challenging problems and targeting particular cognitive and behavioral skills Fun and productive games crafts and other activities are described in step by step detail Special features include over 30 reproducible forms and handouts which bookbuyers can also download and print from Guilford s website in a convenient full page size Pub desc

Principles and Practice of Stress Management, Fourth Edition Paul M Lehrer, PhD, Robert L. Woolfolk, 2021-06-14 The leading clinical reference and text on stress management has now been significantly revised with 60% new material reflecting key developments in the field Foremost experts review the whats whys and how tos of progressive relaxation biofeedback meditation hypnosis cognitive methods and other therapies Chapters describe each method s theoretical foundations evidence base procedures applications and contraindications Assessment and implementation are illustrated with extensive case examples The volume examines the effects of stress on both mind and body from basic science to practical implications for everyday life and health care New to This Edition Greatly expanded evidence base every method is now supported by controlled clinical research Advances in knowledge about stress and the brain are integrated throughout Chapter on children and adolescents Chapter on selecting the best methods for individual patients Chapter on hyperventilation and carbon dioxide biofeedback Chapter on neuroinflammation

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

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

established as the standard text on the subject Cognitive Behaviour Therapy for Children and Families 3rd edition incorporates new and updated material on many topics not covered in previous editions including the use of low intensity treatment methods with families the use of new technologies to deliver cognitive behaviour therapy CBT the development of mindfulness techniques for children and the use of CBT with ethnic minority groups The international panel of contributors ensures the highly authoritative and relevant nature of the content making this text an invaluable source for all child and adolescent mental health professionals including psychologists psychiatrists mental health nurses family and individual psychotherapists paediatricians and general psychiatrists

Cool Connections with Cognitive Behavioural Therapy Laurie Seiler, 2008-02-15 Cool Connections is a fun engaging workbook that provides a cognitive behavioural therapy CBT approach to positively modifying the everyday thoughts and behaviours of children and young people aged 9 to 14 Combining a summary of CBT principles and step by step guidelines on how to use the materials appropriately with a mixture of games handouts home activities and therapeutic exercises Cool Connections is designed to encourage resilience and self esteem and reduce feelings of anxiety and depression Fully photocopiable fully illustrated and easy to use this structured workbook is an effective tool for professionals working to improve the general wellbeing of children and young people including psychologists psychiatrists counsellors social workers and child and adolescent mental health services as well as professionals in residential care settings and educational professionals in child youth services

Acceptance & Mindfulness Treatments for Children & Adolescents Laurie A. Greco, Steven C. Hayes, 2008 The essays in Acceptance and Mindfulness Treatments for Children and Adolescents which are edited by two luminaries in the field of third wave behavior therapy offer a much needed adaptation of these revolutionary techniques for young people and their families providing a wealth of new approaches to therapists counselors and other helping professionals

A Practical Approach to Cognitive Behaviour Therapy for Adolescents Manju Mehta, Rajesh Sagar, 2015-02-02 This volume discusses adolescent mental health concerns in non Western contexts and situations ranging from common mental disorders to building life skills It combines previous literature and empirical work on various disorders to provide a comprehensive account of cognitive behaviour therapy CBT for adolescents The volume covers a wide spectrum of conditions ranging from anxiety to affective disorders and other associated disorders It gives a practical guide to the management of disorders with specific focus on case vignettes outlining session details and specific techniques to be used throughout the intervention plan A detailed appendix elaborating various CBT techniques is included in the volume It presumes a basic understanding and training in mental health care and psychotherapy and is useful for professionals psychologists counsellors paediatricians and other practitioners in the field of mental health It is also useful as a text for courses in health psychology clinical psychology adolescent medicine and adolescent psychology

Handbook of Exposure Therapies David C.S. Richard, Dean Lauterbach, 2011-10-11 Exposure Therapy refers to any clinical intervention in which a client directly confronts a source of fear Since high levels of anxiety can

not be maintained indefinitely repeated exposure leads to decreased anxiety This type of treatment is effective with phobias post traumatic stress disorder obsessive compulsive disorders panic generalized anxiety and several other disorders It s also been found to be effective in helping to treat substance abuse Although exposure based treatments have been extensively researched and reported in the literature there is no single comprehensive treatment of exposure therapies Writings tend to be limited to larger pieces on treating specific disorders or types of patients A comprehensive book on the use of these treatments across patient disorders will be of great use to practitioners The book is divided into three sections Foundation Applications and Issues Foundation chapters considers theoretical and assessment issues Applications chapters will discuss research literature on each disorder having been proven to be successfully treated with exposure therapy Issue chapters will discuss liability issues false memory syndrome and the use of computers and virtual reality in exposure therapy Covers the broad range of exposure therapies in one comprehensive source Provides an integrated look at exposure therapy across a variety of disorders Each such chapter will include a case study Blends literature review and practice guidelines

Pediatric Anxiety Disorders Roma A. Vasa,Amy Krain Roy,2014-07-08 Over the past decade significant advances in research methodology have stimulated dramatic progress in the field of child psychiatry in general and in pediatric anxiety disorders more specifically Pediatric Anxiety Disorders A Clinical Guide is a comprehensive and vital addition to the literature at an exciting time in the field of psychiatry This state of the art reference aims to bridge the most up to date research findings with relevant clinical perspectives making it a unique and essential resource for established clinicians and researchers as well as for students and trainees The book is organized into four sections each of which includes chapters on a specific area of interest The first section reviews the current research regarding etiological mechanisms of pediatric anxiety The second section provides in depth descriptions of the anxiety disorders that affect children and adolescents The third section summarizes the literature on empirically supported assessment tools and evidence based cognitive behavioral and pharmacological interventions Of special practical note the authors of these chapters have included comprehensive summary tables that can serve as quick reference tools The final section of the text is dedicated to understanding how anxiety manifests in two special populations children with chronic medical illnesses and those with autism spectrum disorders Pediatric Anxiety Disorders A Clinical Guide is an authoritative new volume developed by a renowned collection of clinicians and researchers in the field of childhood anxiety disorders

Handbook of Self-regulatory Processes in Development Karen Caplovitz Barrett,2013 Section 1 Development of emotion regulation and self regulation section editor Karen Caplovitz Barrett section 2 Development of self regulation physiological and brain processes section editor Nathan A Fox section 3 Development of self regulation and mastery motivation section editor George A Morgan section 4 Self regulation in atypical development section editors Deborah J Fidler and Lisa A Daunhauer

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