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Titolo	Mastery of anxiety and panic for adolescents [[electronic resource] ] : riding the wave : therapist guide // Donna B. Pincus, Jill T. Ehrenreich, Sara G. Mattis
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
ISBN	0-19-023037-1 1-281-37482-2 9786611374822 0-19-971471-1
Descrizione fisica	1 online resource (169 p.)
Collana	Treatments that work
Altri autori (Persone)	EhrenreichJill T MattisSara Golden <1968->
Disciplina	616.85/223
Soggetti	Panic disorders - Treatment Anxiety disorders - Treatment Cognitive therapy for teenagers Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. [151]-154).
Nota di contenuto	Introductory information for therapists -- Assessment -- Involving parents -- Session 1: introduction to treatment and the three component model -- Session 2: physiology of panic and breathing awareness -- Session 3: cognitive component of anxiety: probability overestimation and catastrophic thinking -- Session 4: cognitive restructuring (thinking like a detective) -- Session 5: interoceptive exposure (not letting how we feel scare us) -- Session 6: introduction to situational exposure -- Session 7: safety behaviors and exposures -- Sessions 8-10: exposure sessions -- Session 11: relapse prevention and therapy termination -- Adaptation.
Sommario/riassunto	The treatment described in this Therapist Guide is specifically designed for adolescents with panic disorder and agoraphobia. Panic disorder often first appears in adolescence, making effective treatment for this age group a priority. Left untreated, panic disorder can severely impair an adolescent's development and functioning. It can put an adolescent

at risk for depression and have consequences into adulthood. The program was developed at the Center for Anxiety and Related Disorders at Boston University and targets patients ages 12-17. It is comprised of 12 sessions to be delivered over an

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