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Titolo	Separation anxiety in children and adolescents [[electronic resource] ] : an individualized approach to assessment and treatment / / Andrew R. Eisen, Charles E. Schaefer ; foreword by David H. Barlow
Pubbl/distr/stampa	New York, : Guilford Press, c2005
ISBN	1-281-86878-7 9786611868789 1-60623-145-6
Descrizione fisica	1 online resource (320 p.)
Altri autori (Persone)	SchaeferCharles E
Disciplina	618.92/8522
Soggetti	Separation anxiety in children Separation anxiety in adolescence Parent and child
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. 269-290) and index.
Nota di contenuto	Nature of separation anxiety -- Development of separation anxiety -- Prescriptive approach to assessment and treatment -- Assessing separation anxiety -- Teaching child coping skills -- Child coping skills I : it's time to relax -- Child coping skills LL : you are what you think -- Teaching parent coping skills -- Parent coping skills I : understanding my child's separation anxiety -- Parent coping skills II : managing my child's separation anxiety -- Confronting separation anxiety -- Structuring the treatment sessions : skills building, hierarchy development, and prescriptive treatment planning -- Negotiating FBA : being alone and sleeping alone -- Negotiating FAB : school, camp, and other settings -- Navigating the obstacle course -- Staying in control : managing the pitfalls and relapse prevention.
Sommario/riassunto	This unique book presents a research-based approach to understanding the challenges of separation anxiety and helping children, adolescents, and their parents build the skills they need to overcome it. The authors provide step-by-step guidelines for implementing the entire process of therapy--from intake and assessment through coping skills training, cognitive-behavioral

interventions, and relapse prevention. Featuring in-depth case examples, the book is written for maximum accessibility for all clinicians, including those with limited cognitive-behavioral therapy experience, who treat se

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