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Descrizione fisica	1 online resource (352 p.)
Collana	Guides to individualized evidence-based treatment
Disciplina	618.92/8522
Soggetti	Anxiety in children - Treatment Cognitive therapy for children
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Nota di contenuto	Front Matter; Chapter 1; Chapter 2; Chapter 3; Chapter 4; Chapter 5; Chapter 6; Chapter 7; Chapter 8; Chapter 9; Chapter 10; Chapter 11; Chapter 12; Worksheets; References; Index
Sommario/riassunto	This clinically wise and pragmatic book presents a systematic approach for treating any form of childhood anxiety using proven exposure-based techniques. What makes this rigorously tested modular treatment unique is that it is explicitly designed with flexibility and individualization in mind. Developed in a real-world, highly diverse community mental health context, the treatment can be continually adjusted to target motivational problems, disruptive behavior, family issues, and other frequently encountered clinical roadblocks. In a large-size format for easy photocopying, the book