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Nota di contenuto	Cover; Half Title Page; Title Page; Copyright; Dedication; About the Authors; Contributors; Contents; Chapter 1. Introduction; Chapter 2. Exposure Tasks; Chapter 3. Cognitive Strategies; Chapter 4. Problem-Solving Training; Chapter 5. Modeling; Chapter 6. Relaxation Training; Chapter 7. Psychoeducation; Chapter 8. Social Skills Training; Chapter 9. Praise and Rewards; Chapter 10. Activity Scheduling; Chapter 11. Self-Monitoring; Chapter 12. Goal Setting; Chapter 13. Homework; Chapter 14. Maintenance and Relapse Prevention; References; Index
Sommario/riassunto	Identifying 13 core techniques and strategies that cut across all available evidence-based treatments for child and adolescent mood and anxiety disorders, this book provides theoretical rationales, step-by-step implementation guidelines, and rich clinical examples. Therapists can flexibly draw from these elements to tailor interventions to specific clients, or can use the book as an instructive companion to any treatment manual. Coverage includes exposure tasks, cognitive strategies, problem solving, modeling, relaxation, psychoeducation, social skills training, praise and rewards, activity sc