

1. Record Nr.	UNINA9910798979803321
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Titolo	Helping students overcome depression and anxiety : a practical guide / / Kenneth W. Merrell
Pubbl/distr/stampa	New York, New York : , : The Guilford Press, , 2008 ©2008
ISBN	1-4625-1498-7
Edizione	[Second edition.]
Descrizione fisica	1 online resource (289 pages) : illustrations
Collana	Guilford Practical Intervention in the Schools Series
Disciplina	618.92/8527
Soggetti	Depression in children - Treatment Depression in adolescence - Treatment Anxiety in children - Treatment Anxiety in adolescence - Treatment Counseling in elementary education Educational counseling
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Understanding internalizing problems: depression and anxiety in children and adolescents -- How internalizing problems develop and are maintained -- Guidelines for assessment and intervention planning -- Social and emotional learning: an important tool for promoting mental health -- Comprehensive intervention programs for depression -- Changing thoughts and beliefs: cognitive therapy interventions for depression -- Changing thoughts and beliefs: rational-emotive therapy, attribution retraining, learned optimism, and journal-writing strategies -- Other strategies for depression -- Behavioral treatments for anxiety: systematic desensitization and other techniques -- Skills training and other treatments for anxiety -- Finding more help: referral guidelines for mental health counseling, medications, and alternative treatments.