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Titolo	From timid to tiger : a treatment manual for parenting the anxious child // Sam Cartwright-Hatton, with Ben Laskey, Stewart Rust, Deborah McNally
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ISBN	9786612883996 9781282883994 1282883992 9780470970331 0470970332 9780470970324 0470970324
Edizione	[1st ed.]
Descrizione fisica	1 online resource (187 p.)
Altri autori (Persone)	LaskeyBen RustStewart McNallyDeborah
Disciplina	618.92/8522
Soggetti	Anxiety in children Cognitive therapy for children Parenting
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. 165) and index.
Nota di contenuto	Theoretical background to the programme -- Overview : how to use this book -- Treatment session one. Introduction to the programme and some basic concepts -- Treatment session two. Securing the parent-child bond through play -- Treatment session three. Understanding children's anxiety -- Treatment session four. Using praise to build children's confidence -- Treatment session five. Using rewards to get children motivated -- Treatment session six. Setting limits on anxious children's behaviour -- Treatment session seven. Using withdrawal of attention to manage children's behaviour -- Treatment session eight. Managing children's worry -- Treatment session nine. Managing really difficult behaviour : time out &

consequences -- Treatment session ten. Wrapping up : review, managing school, celebration.

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#### Sommario/riassunto

This book is an essential manual for mental health professionals who work with young anxious children and their parents. Organised into a 10-session parenting-based course, the book provides parents with simple cognitive behavioural techniques for helping their children to manage their worries and fears. The first manual designed specifically to help therapists take parents through a step-by-step approach to managing young anxious children. The manual's empirical focus is highly effective in treating anxiety disorders in children under the age of 10. The provision of

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