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Autore	Cartwright-Hatton Sam
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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Edizione	[1st ed.]
Descrizione fisica	1 online resource (187 p.)
Altri autori (Persone)	LaskeyBen RustStewart McNallyDeborah
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Soggetti	Anxiety in children Cognitive therapy for children Parenting
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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.

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 childrenThe manual's empirical focus is highly effective in treating anxiety disorders in children under the age of 10The provision of