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Nota di contenuto	Title Page; Table of Contents; List of Illustrations; Figures; Tables; About the Authors; Acknowledgements; About the Companion Website; 1 What Is Anxiety?; The Nature of Anxiety; When Anxiety Becomes a Problem; Major Causes of Anxiety in Children; Anxiety at Different Ages and Stages; Current Therapeutic Perspectives on Anxiety; The Cope Method; In Summary; 2 The Eight Types of Anxiety Disorder; Specific (Simple) Phobia; Social Phobia; Separation Anxiety; Generalized Anxiety Disorder; Panic Disorder; Agoraphobia; Obsessive-Compulsive Disorder (OCD); Posttraumatic Stress Disorder (PTSD) 3 COPE Step OneThe General Adaptation Syndrome; Physical Methods; Psychological Methods; Spiritual Methods; 4 COPE Step Two; Creating Anti-Anxiety Plans; Imaginative Problem-Solving Guidelines; 5 COPE Step Three; Imagination and Persistence; Tolerating Ambiguity; Learning to Take Moderate Risks; Acquiring a Sense of Personal Courage; Delay of Gratification; Avoiding Rigid Thinking; Avoiding Drift; 6 COPE Step Four; The Role of Gender and Ethnicity in Evaluation Plans; How to Evaluate Plans; Formative Evaluation; Summative Evaluation; 7

Using Anxiety Strategies with Preschoolers

Erikson's Model of Preschool TraitsPiaget's Model of Preschool Thinking; Maslow's Model of Preschool Needs; Children All have Different Starting Points; What Does Anxiety Look Like in Preschoolers?; Cope Step 1: Calming the Nervous System; Cope Step 2: Originating an Imaginative Plan; Cope Step 3: Persisting in the Face of Obstacles and Failure; Cope Step 4: Evaluating and Adjusting the Plan; Get Your PHD: Parent Having Durability; 8 How Your Parenting Style Can Ease Your Child's Anxiety; Parenting Styles; Culture and Context; Passing on Your Fears

Understanding the Nature of Your Child's ProblemsThe Role of Perfectionism; Reflective Listening; References; Further Reading; Index; End User License Agreement
