

1. Record Nr.	UNINA9910815210103321
Autore	Pincus Donna
Titolo	Mastery of anxiety and panic for adolescents : riding the wave : therapist guide // Donna B. Pincus, Jill T. Ehrenreich, Sara G. Mattis
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
ISBN	0-19-971471-1 9786611374822 1-281-37482-2 0-19-023037-1 0-19-045058-4
Edizione	[1st ed.]
Descrizione fisica	x, 156 p. : ill
Collana	Treatments that work
Altri autori (Persone)	EhrenreichJill T MattisSara Golden <1968->
Disciplina	616.85/223
Soggetti	Panic disorders - Treatment Anxiety disorders - Treatment Cognitive therapy for teenagers
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (p. [151]-154).
Nota di contenuto	Introductory information for therapists -- Assessment -- Involving parents -- Session 1: introduction to treatment and the three component model -- Session 2: physiology of panic and breathing awareness -- Session 3: cognitive component of anxiety: probability overestimation and catastrophic thinking -- Session 4: cognitive restructuring (thinking like a detective) -- Session 5: interoceptive exposure (not letting how we feel scare us) -- Session 6: introduction to situational exposure -- Session 7: safety behaviors and exposures -- Sessions 8-10: exposure sessions -- Session 11: relapse prevention and therapy termination -- Adaptation.
Sommario/riassunto	The treatment described in this Therapist Guide is specifically designed for adolescents with panic disorder and agoraphobia. Panic disorder often first appears in adolescence, making effective treatment for this age group a priority. Left untreated, panic disorder can severely impair an adolescent's development and functioning. It can put an adolescent at risk for depression and have consequences into adulthood.

