

1. Record Nr.	UNINA9910819487703321
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Titolo	Treating childhood and adolescent anxiety : a guide for caregivers / / Eli R. Lebowitz, Haim Omer
Pubbl/distr/stampa	Hoboken, N.J., : Wiley, c2013
ISBN	9781118238028 1118238028 9781118589366 111858936X 9781118224694 1118224698
Edizione	[1st ed.]
Descrizione fisica	1 online resource (338 p.)
Altri autori (Persone)	OmerHaim
Disciplina	618.92/852206
Soggetti	Anxiety in children Anxiety in adolescence Anxiety - Treatment
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 and indexes.
Nota di contenuto	Preface -- Introduction -- Anxiety disorders of children and adolescents -- Anxiety and emotion regulation -- When anxiety takes over : family accommodation -- Cognitive tools for treating anxiety -- Appendices -- Author index -- Subject index.
Sommario/riassunto	""Lebowitz and Omer have taken the latest and most relevant scientific research and synthesized it into an essential read for caregivers of anxious children. Treating Childhood and Adolescent Anxiety: A Guide for Caregivers provides an 'inside look' at the nuts and bolts of cognitive behavioral therapy (CBT) for childhood anxiety-the treatment of choice among leading researchers and experts. The book is filled with analogies, examples, and practical advice that professionals and parents will refer back to over and over again.""-Candice A. Alfano, PhD; Director, Sleep and Anxiety