



Mastery of Anxiety and Panic for Adolescents: Therapist Guide: Riding the Wave

By Donna B. Pincus, Jill T. Ehrenreich, Sara G. Mattis

Oxford University Press Inc. Paperback. Book Condition: new. BRAND NEW PRINT ON DEMAND., Mastery of Anxiety and Panic for Adolescents: Therapist Guide: Riding the Wave, Donna B. Pincus, Jill T. Ehrenreich, Sara G. Mattis, 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. The program was developed at the Center for Anxiety and Related Disorders at Boston University and targets patients aged 12-17. It is comprised of 12 sessions to be delivered over an 11-week period. Adolescents learn about the nature of panic and anxiety and how to challenge their panic thoughts. Exposure sessions help them face their fears and stop avoiding situations that cause heightened anxiety. An adaptation chapter addresses how to modify the program for intensive (8 day) treatment, as well as how to tailor the treatment to different ages. Each session includes an optional parent component and an appendix provides handouts for parents. The corresponding workbook is...



READ ONLINE
[8.91 MB]

Reviews

Great eBook and beneficial one. It is packed with wisdom and knowledge You wont really feel monotony at at any time of your respective time (that's what catalogs are for relating to if you check with me).

-- **Maiya Kozey**

This composed pdf is excellent. It really is basic but excitement in the 50 % in the book. Your lifestyle span will likely be change when you comprehensive looking at this book.

-- **Tom Fisher**