



Anxiety: Cognitive Behaviour Therapy with Children and Young People (CBT with Children, Adolescents and Families)

Paul Stallard

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Cognitive behavioural therapy has proven to be an effective treatment for anxiety disorders in children and young people. This book provides an overview of CBT and explores how it can be used to help children with anxiety disorders.

In *Anxiety: Cognitive Behaviour Therapy with Children and Young People* Paul Stallard describes the nature and extent of anxiety problems that are suffered in childhood and discusses evidence for the effectiveness of the cognitive behavioural model as a method of treatment.

This concise and accessible book, written specifically for the clinician, provides a clear outline of how CBT can be used with children suffering from anxiety disorders in an easy to follow format. The book provides many ideas that can be incorporated into everyday practice, as well as clinical vignettes, case examples, and worksheets for use with the client.

This straightforward text will prove essential reading for professionals involved with children who have significant anxiety problems including mental health workers, social services staff and those working in educational settings.

The final chapter of this book contains worksheets that can be downloaded free of charge to purchasers of the print version. Please visit the website to find out more about this facility.

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