



Helping Your Anxious Child: A Step-by-Step Guide for Parents

By Ronald Rapee PhD, Ann Wignall D Psych, Susan Spence PhD, Heidi Lyneham PhD, Vanessa Cobham PhD

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Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help.

Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion.

Inside, you will learn to:

- Help your child practice “detective thinking” to recognize irrational worries
- What to do when your child becomes frightened
- How to gently and gradually expose your child to challenging situations
- Help your child learn important social skills

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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- Sales Rank: #8475 in Books
- Brand: Rapee, Ronald M./ Wignall, Ann/ Spence, Susan H./ Cobham, Vanessa, Ph.D./ Lyneham, Heidi, Ph.D.
- Published on: 2008-12-03
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 5.75" w x .75" l, .91 pounds
- Binding: Paperback

- 296 pages

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Editorial Review

Review

“In *Helping Your Anxious Child*, parents are provided a step-by-step guide for assisting their children in overcoming a panoply of worries, fears, and anxieties. The strategies described are well-established ones, backed by considerable scientific support. Parents will find this book engaging, easy to read, and full of important ideas about how best to help their children.”

—Thomas H. Ollendick, Ph.D., University Distinguished Professor in the department of psychology, Virginia Tech

From the Publisher

This revised and expanded edition of the best-selling **Helping Your Anxious Child** offers parents the most up-to-date, proven-effective techniques for helping children overcome anxiety.

About the Author

Ronald M. Rapee, PhD, is currently professor in the Department of Psychology at Macquarie University in Sydney, Australia, and director of the Centre for Emotional Health. He has been involved in an advisory capacity with the DSM-IV and DSM-V, and he is a member of the US-government-sponsored Project Liberty, which works to develop anxiety management programs for children affected by disasters. He is on the scientific advisory committee for the Swiss Etiological Study of Adjustment and Mental Health, and the editorial board of several international journals.

Ann Wignall, M. Psych, is senior clinical psychologist and director of child and adolescent mental health for Northern Sydney Health Service. She founded the Child and Adolescent Anxiety Clinic, Royal North Shore Hospital, and works clinically with children and families with a broad range of anxiety and behavioral disorders.

Susan H. Spence, PhD, is professor of psychology and dean of the Division of Linguistics and Psychology at Macquarie University in Sydney, Australia. She was previously head of the School of Psychology at the University of Queensland, where she was also the head the School of Journalism and Communication for a time. She is a researcher and clinical psychologist who specializes in the assessment, prevention, and treatment of child and adolescent anxiety and depression. To date she has published more than 100 books and academic articles in her field.

Heidi Lyneham, PhD, is currently a research fellow within the Department of Psychology at Macquarie University and deputy director of the Centre for Emotional Health.

Vanessa Cobham, PhD, holds appointments within the School of Psychology at the University of Queensland and within the Mater Child and Youth Mental Health Service in Brisbane.

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Andrew Hulbert:

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