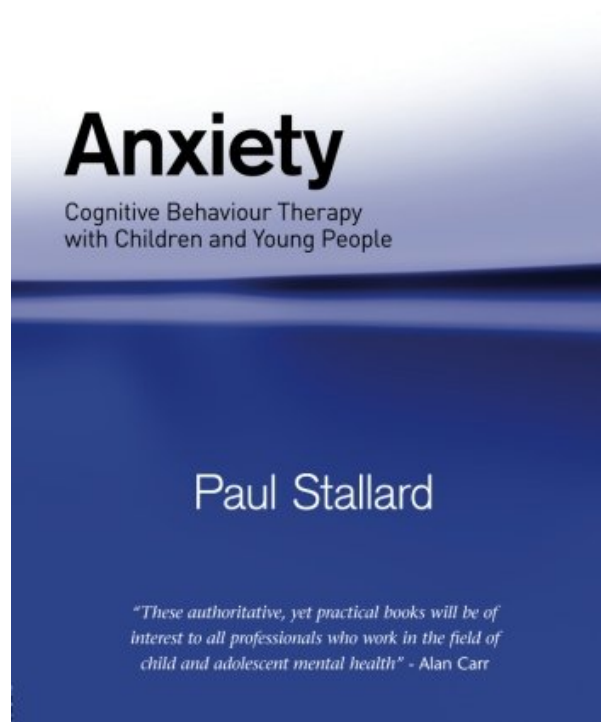


# **ANXIETY: COGNITIVE BEHAVIOUR THERAPY WITH CHILDREN AND YOUNG PEOPLE (CBT WITH CHILDREN, ADOLESCENTS AND FAMILIES) BY PAUL STALLARD**

CBT WITH CHILDREN, ADOLESCENTS AND FAMILIES



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# Anxiety

Cognitive Behaviour Therapy  
with Children and Young People

Paul Stallard

*"These authoritative, yet practical books will be of  
interest to all professionals who work in the field of  
child and adolescent mental health" - Alan Carr*

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## Review

"Anxiety is a wonderful resource for mental health professionals who work with anxious young people. It offers practical advice, based on recent research, on the assessment and treatment of anxiety disorders from a CBT perspective." - Alan Carr, Professor of Clinical Psychology, University College Dublin, Ireland

"...this book is a 'must' and an excellent read for all professionals wanting effective treatment for anxiety disorders." - Joyce Cope, Counselling Children and Young People, June 2009

## About the Author

Paul Stallard is Professor of Child and Family Mental Health at the University of Bath and Consultant Clinical Psychologist for Avon and Wiltshire Mental Health Partnership NHS Trust. He publishes widely in many professional journals and is involved in evaluating school based CBT programmes for anxiety and depression in the UK and abroad.

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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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## Features

- Used Book in Good Condition

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#### Most helpful customer reviews

4 of 4 people found the following review helpful.

Strongly recommended for therapists working with anxious children and adolescents.

By Cynthia Danute Cekauskas, LCSW

I purchased this book after I once again started working with children and adolescents many of whom suffer from adjustment disorders, separation anxiety and school phobias. I have been a Masters level social worker for over 30 years, licensed in several states for over 25. Currently I am employed in a private group practice (near Fort Stewart, Georgia) where cognitive behavioral therapy (CBT) is the treatment of choice. Many of the children I work have suffered the effects of multiple deployments of one or both of their servicemember parents. I found this resource to be excellent in learning to apply CBT to work with most of these anxious children and adolescents.

This book is very clearly presented using case examples to illustrate when necessary. It includes chapters on Anxiety Problems in Childhood, Cognitive Behaviour Therapy, Dysfunctional Cognitions and Processes, Parental Behaviours and Childhood Anxiety, Assessment and Problem Formulations, Involving Parents, Emotional Recognition and Management, Cognitive Enhancement, Problem-solving, Exposure and Relapse Prevention and Common Problems.

My favorite part of this book, however, is the Material and Worksheet sections where the authors most effectively summarize CBT principles session by session. Included in this section are examples of information and worksheets that can be used with children, young people and their parents. The author offer up these materials as "freely available to photocopy and can also be downloaded in colour from the following website: [...]". "Learning to Beat Anxiety", for instance, is a "handout that introduces parents to anxiety and some of the common physiological symptoms. The connection between anxious feelings and worrying thoughts is highlighted and ...and emphasizes the aims of identifying and challenging anxiety-increasing thoughts and learning helpful ways of thinking and coping. Finally, parents are provided with some simple ideas about how they can SUPPORT their child during CBT." The second handout "Learning to Beat Anxiety" is "for children and young people. This provides a simple understanding of anxiety and how worries and anxious feelings can sometimes take over and stop the child from doing the things they would really like to do. The need to fight back and to learn to beat anxiety is stressed, and the child is introduced to the keys aims of CBT. Finally, the....importance of learning through doing and experimentation is highlighted."

I think this is an excellent resource which has the potential of being extremely useful to both the novice clinician as well as the experienced therapist alike. I strongly agree with what Alan Carr, Professor of

Clinical Psychology, University College, Dublin, Ireland, wrote when he stated that this book is "a wonderful resource for mental health professionals who work with anxious young people. It offers practical advice, based on recent research, on the assessment and treatment of anxiety disorders from a CBT perspective."

0 of 0 people found the following review helpful.

Good to have on hand

By Tony D

good overall basic CBT book, useful for patients.

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