



# Treating Childhood and Adolescent Anxiety: A Guide for Caregivers

*Eli R. Lebowitz, Haim Omer*

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**Treating Childhood and Adolescent Anxiety: A Guide for Caregivers** Eli R. Lebowitz, Haim Omer

"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 Center for Kids (SACK) Associate Professor, Department of Psychology, University of Houston

## Practical real-life solutions for children living with anxiety

Focusing on the special role of the caregiver in achieving successful treatment

Focusing on the treatment of childhood anxiety, both in one-on-one therapist to child treatment and within the family, *Treating Childhood and Adolescent Anxiety: A Guide for Caregivers* adopts an integrated approach presenting novel strategies to help mental health professionals and families create change and momentum in otherwise stagnant situations.

This empowering guide offers practical, evidence-based, and theory-driven strategies for helping children to overcome anxiety, even if they resist treatment. Uniquely providing concrete advice for both the therapeutic and home environment, this insightful book covers:

- What to do when anxiety takes over the family
- School phobia and school refusal
- Working with highly dependent young adults
- Parental support and protection
- Creating and maintaining family boundaries
- A walk-through of The Supportive Parenting for Anxious Childhood Emotions (SPACE) Program
- Cognitive, behavioral, physiological, and emotion-based tools for treating anxiety
- Medication for childhood anxiety

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