



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
[8.17 MB]

Reviews

This ebook is wonderful. I have got go through and so i am certain that i am going to likely to read through once again again later on. You will like the way the article writer compose this ebook.

-- Miss Ariane Mraz

This pdf will not be simple to start on reading through but extremely enjoyable to see. I have read and i also am sure that i will planning to read through again once more in the foreseeable future. You wont really feel monotony at whenever you want of the time (that's what catalogues are for relating to if you request me).

-- Mallory Kertzmann V