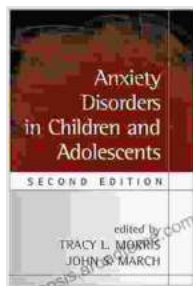


Conquering Anxiety in Children and Adolescents: A Comprehensive Guide for Parents and Professionals

The Hidden Epidemic of Anxiety



Anxiety Disorders in Children and Adolescents, Second Edition by Tracy L. Morris

★★★★☆ 4.5 out of 5

Language : English

File size : 4539 KB

Text-to-Speech: Enabled

Word Wise : Enabled

Print length : 395 pages

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Anxiety disorders are among the most prevalent mental health conditions in children and adolescents, affecting up to 32% of youth today. Unfortunately, many cases go undiagnosed and untreated, leaving young people to suffer in silence. This comprehensive guide provides an in-depth understanding of the different types of anxiety disorders, their symptoms, and the latest evidence-based treatments.

Empowering Parents and Professionals

Written by leading experts in child and adolescent anxiety, this book is an invaluable resource for parents, educators, and mental health professionals. It offers practical strategies for assessing and diagnosing anxiety disorders, as well as specific treatment plans for each type. The authors provide clear and accessible explanations of complex concepts, making this book an essential guide for anyone seeking to help young people overcome anxiety.

Key Features and Benefits

- **In-depth coverage** of all major anxiety disorders, including generalized anxiety disorder, social anxiety disorder, obsessive-compulsive disorder, and post-traumatic stress disorder
- **Practical assessment tools** for accurately diagnosing anxiety disorders
- **Evidence-based treatment plans** for each type of anxiety disorder, including cognitive-behavioral therapy, exposure therapy, and medication

- **Specific strategies** for parents and educators to support children and adolescents with anxiety
- **Case studies and real-world examples** to illustrate the concepts and techniques

Testimonials



“ "An essential resource for anyone working with children and adolescents who struggle with anxiety. This book provides a wealth of practical knowledge and evidence-based strategies."

- Dr. Elizabeth Laugeson, Child and Adolescent Psychologist”



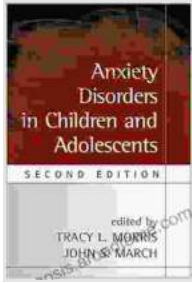
“ "A comprehensive and compassionate guide that empowers parents and professionals to understand and help children and adolescents overcome anxiety. Highly recommended!"

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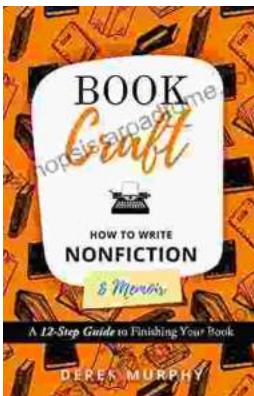
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