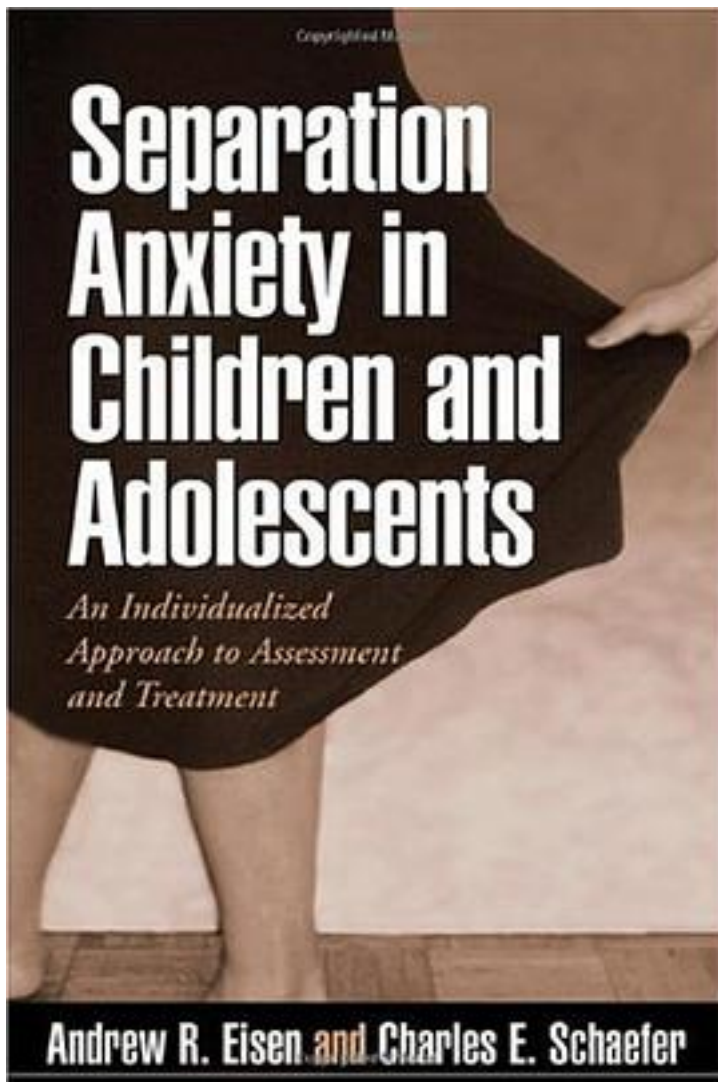


# Separation Anxiety in Children and Adolescents



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著者:Eisen, Andrew R./ Schaefer, Charles E.

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This volume presents a unique, research-based approach to treating the prevalent, distressing, yet highly treatable problem of separation anxiety. The expert authors provide step-by-step guidelines for planning and implementing the entire process of therapy with children, adolescents, and their families--from intake and assessment through coping skills training, cognitive-behavioral interventions, and relapse prevention. Comprehensive case examples illustrate the complexities of building strong relationships with families under stress and effectively intervening with 3- to 17-year-olds across multiple situations (day and night) and settings (home, extracurricular, school, and camp). The book is written for maximum accessibility for clinicians from any background, even those with limited cognitive-behavioral therapy experience. Useful reproducibles include the newly developed Separation Anxiety Assessment Scales, designed to facilitate individualized case formulation and treatment planning.

作者介绍:

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