



Phobic and Anxiety Disorders in Children and Adolescents (Advances in Psychotherapy: Evidence-Based Practice) (Advances in Psychotherapy - Evidence-Based Practice)

Amie E. Grills-Taquechel, Thomas H. Ollendieck

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Compact, authoritative guidance to effective assessment and treatment of the most common psychological difficulties in children and adolescents – phobia and anxiety disorders

This authoritative but compact text addresses the psychopathology, assessment, and treatment of the anxiety disorders and phobias in childhood and adolescence. These perplexing conditions are the most prevalent psychological difficulties in young people and result in considerable impairment and distress, not only to the child but also to her or his family. Effective treatments exist, but unfortunately many of these interventions are either not known to the practicing professionals or not used by them. This volume aims to address this gap and to present these interventions in a clear and straightforward manner.



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