This book is an essential manual for mental health professionals who work with young anxious children and their parents. Organised into a 10-session parenting-based course, the book provides parents with simple cognitive behavioural techniques for helping their children to manage their worries and fears.

- The first manual designed specifically to help therapists take parents through a step-by-step approach to managing young anxious children

- The manual's empirical focus is highly effective in treating anxiety disorders in children under the age of 10

- The provision of scripts throughout the book offer realistic illustrations of the techniques described

- Stories and analogies included to explain the more complex concepts

- Includes handouts which can be photocopied and useful additional materials

**ABOUT THE AUTHOR**

Sam Cartwright-Hatton is a clinical psychologist and senior lecturer in clinical psychology at the University of Manchester. She previously held an MRC Clinician Scientist Fellowship, during which she developed and trialled a new parenting intervention for
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