"Lebowitz and Omer have taken the latest and most relevant scientific research and synthesized it into an essential read for caregivers of anxious children. *Treating Childhood and Adolescent Anxiety: A Guide for Caregivers* provides an 'inside look' at the nuts and bolts of cognitive behavioral therapy (CBT) for childhood anxiety—the treatment of choice among leading researchers and experts. The book is filled with analogies, examples, and practical advice that professionals and parents will refer back to over and over again."

*Candice A. Alfano, PhD; Director, Sleep and Anxiety Center for Kids (SACK) Associate Professor, Department of Psychology, University of Houston*

**Practical real-life solutions for children living with anxiety**

Focusing on the special role of the caregiver in achieving successful treatment

Focusing on the treatment of childhood anxiety, both in one-on-one therapist to child treatment and within the family, *Treating Childhood and Adolescent Anxiety: A Guide for Caregivers* adopts an integrated approach presenting novel strategies to help mental health professionals and families create change and momentum in otherwise stagnant situations.

This empowering guide offers practical, evidence-based, and theory-driven strategies for helping children to overcome anxiety, even if they resist treatment. Uniquely providing concrete advice for both the therapeutic and home environment, this insightful book covers:
• What to do when anxiety takes over the family

• School phobia and school refusal

• Working with highly dependent young adults

• Parental support and protection

• Creating and maintaining family boundaries

• A walk-through of The Supportive Parenting for Anxious Childhood Emotions (SPACE) Program

• Cognitive, behavioral, physiological, and emotion-based tools for treating anxiety

• Medication for childhood anxiety

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🚀 ABOUT THE AUTHOR

**Eli R. Lebowitz, PhD** is Assistant Professor of Psychology and Psychiatry at the Yale Child Study Center. His research and clinical work focus on childhood anxiety and the family systems of children suffering from anxiety and obsessive compulsive disorder. He has published a successful book for parents on anxiety in children and is the author of several scientific papers and chapters on anxiety and CBT.

**Haim Omer, PhD** is professor of clinical psychology at Tel Aviv University and founder of the Parent Training Clinic at Schneider Children’s Medical Center of Israel. He has written many books and papers on the psychology of children.

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