

— TEEN — ANXIETY SELF-HELP — GUIDE —

Understand The Worries In Your Mind, Manage
Panic, Stress, And Fears With CBT And DBT Skills



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Paperback Teen Self Help Guide

Jeff Herman



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edition The Handbook of Child and Adolescent Clinical Psychology incorporates important advances in the field to provide a practice oriented and accessible resource for clinical psychologists in training Beginning with a set of general conceptual frameworks for practice the book gives specific guidance on the management of problems commonly encountered in clinical work with children and adolescents drawing on the best practice in the fields of clinical psychology and family therapy There is comprehensive coverage of Problems of infancy and early childhood Problems of middle childhood Problems of adolescence Child abuse Adjustment to major life transitions including entering foster care parental divorce and bereavement Each chapter dealing with specific clinical problems includes cases examples discussion of diagnosis classification epidemiology clinical features assessment and treatment and practice exercises New material includes the latest advances in child and adolescent clinical psychology assessment and treatment programmes and positive psychology It also is updated in line with the latest revisions of ICD and DSM This book is invaluable as both a reference work for experienced practitioners and as an up to date evidence based practice manual for clinical psychologists in training

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