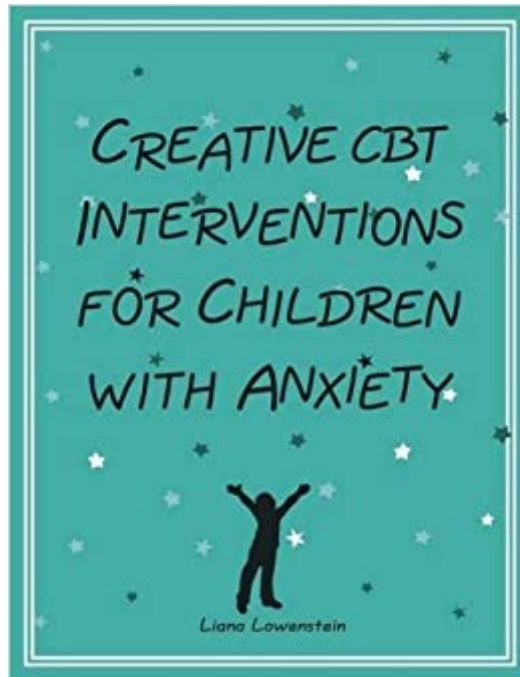




The book was found

# Creative CBT Interventions For Children With Anxiety



## Synopsis

Packed with innovative cognitive-behavioral therapy (CBT) techniques to help child clinicians engage, assess, and treat children with a variety of anxiety symptoms and disorders. Therapeutic games, art, stories, and other creative activities address the key components of CBT: Psychoeducation, relaxation, affective expression, cognitive coping, exposure, and parent training. Includes practical strategies for overcoming common clinical challenges plus interventions and handouts for parents. An invaluable resource for mental health practitioners seeking creative ways to make CBT engaging and child-friendly. Geared to children aged 4 to 12.

## Book Information

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## Customer Reviews

A very creative, thorough and comprehensive compilation to make CBT appealing to young children, and to enhance rapport and motivation. A valuable resource for therapists, as it provides a range of ideas to engage children in treatment, especially those who are reluctant. -- --Aureen Wagner, Ph.D., The Anxiety Wellness Centre, Author of Worried No MoreLowenstein offers multiple creative, practical activities for delivering interventions in a developmentally sensitive manner. In conjunction with a strong background in the concepts of CBT, this book will help practitioners translate empirically supported techniques into play. It is highly recommended for child therapists. -- --Susan M. Knell, Ph.D., Clinical Assistant Professor, Case Western Reserve University, Author of Cognitive Behavioral Play TherapyThis volume provides a clear roadmap for clinicians who work with anxious children and utilizes the therapeutic powers of play to augment CBT treatment for this

population. Jamie's story invites children to learn about anxiety through the eyes of a likable character while learning that there is hope for change, while the reproducible handouts for parents invite them deeper into the process and provide psychoeducation that will enhance treatment outcomes. This text will be a welcome addition to the resources of all who work with anxious children. -- --Paris Goodyear-Brown, LCSW, RPT-S, Author of *Worry Wars: An Anxiety Workbook for Kids*

Liana Lowenstein is a Clinical Social Worker, Certified Play Therapist-Supervisor, and Certified TF-CBT Therapist who is known internationally for her best-selling books including: *Creative Interventions for Troubled Children & Youth* (1999); *Creative Interventions for Children of Divorce* (2006a); *Creative Interventions for Bereaved Children* (2006b); *Cory Helps Kids Cope with Sexual Abuse* (2014); and *Creative CBT Interventions for Children with Anxiety* (2016). She has also edited three volumes of the book, *Assessment and Treatment Activities for Children, Adolescents, and Families: Practitioners Share Their Most Effective Techniques*. She presents trainings across North America and abroad and provides consultation to therapists worldwide. She has been working with children and families since 1988 and continues to maintain a private practice in Toronto. Liana is winner of the Monica Herbert award for outstanding contribution to play therapy in Canada. Her website offers free resources for mental health professionals including a free eBook of assessment and treatment activities: [lianalowenstein.com](http://lianalowenstein.com)

As a licensed professional counselor one of the most common "presenting problems" for children coming into therapy is anxiety. Liana's book, *Creative CBT Interventions for Children With Anxiety* is a must have! The book could actually be worked through session-by-session, or the activities can be used in a stand-alone format, depending on the specific situation of the child. The book is thoughtful, courageous, and full of strength-building opportunities for children dealing with the bully of anxiety!

Excellent and thorough guidelines and techniques for child and family assessment and treatment.

I think Liana's interventions are great! I use them with my students in the counseling office.

Excellent information for the clinician.

Teacher has no complaints

Great ideas

This new book from Liana Lowenstein does not disappoint. Like her previous publications this book provides playful interventions that are easy to facilitate and integrate into treatment plans. The information sheets for parents are a wonderful resource that encourages parental involvement throughout the therapeutic process. This is a must-have resource for helping children manage anxiety.

Creative CBT Interventions for Children with Anxiety has over 35 interventions designed to help children, adolescents, and families who are dealing with anxiety struggles. This resource, like many of Liana's intervention books, has been valuable to me in implementing interventions that help reduce anxiety in the children that I work with including children and adolescents with autism spectrum disorder. The interventions are well designed, engaging for children and easy to implement. A valuable resource for professionals!

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