

# Download Parent Led Cbt For Child Anxiety

Parents can play a strong role in helping their children overcome anxiety disorders--given the right tools. This innovative, research-based book shows clinicians how to teach parents cognitive-behavioral therapy (CBT) techniques to use with their 5- to 12-year-old. In our Parent-Led CBT program, parents--in collaboration with therapist Daniel Yeager, LCSW--take the lead in helping their children acquire habits, skills & strategies for overcoming common childhood difficulties related to anxiety, self-esteem, ADHD, and situational stress. Clinical psychologist Walker, PhD, whose skills are based in cognitive behavioral therapy (CBT), assists parents in taking a leading role in helping their elementary-aged child overcome anxiety, panic, and obsessions. CBT for Anxious Children. The New York Times discusses how to help a child with an anxiety disorder. This article discusses how anxiety in children can seem normal, and therefore is under recognized and treated.