

CBT FOR CHILD ANXIETY



Cognitive behavioral therapy, or CBT, is scientifically shown to be effective in treating anxiety disorders.

In CBT children learn to identify and replace negative thinking patterns and behaviors with positive ones.

Practicing exposure to feared situations is key to successful CBT for anxiety.

CBT is usually brief. In most cases 10 or 12 weekly sessions are enough.



ADAA is an international nonprofit organization and a leader in education, training, and research for anxiety, depression and related disorders.

www.adaa.org

Find-a-Therapist



Learn more about treatment options and Find-a-Therapist near you:

www.adaa.org/finding-help/treatment

ANXIETY IN CHILDHOOD AND ADOLESCENCE

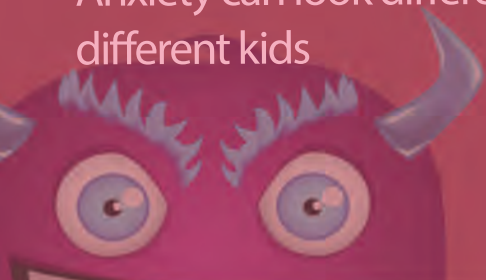
SCREEN DETECT TREAT



ANXIETY AND DEPRESSION
ASSOCIATION OF AMERICA

KEY SIGNS OF CHILD ANXIETY

Anxiety can look different in different kids



- + Persistent, irrational worry
- + Nightmares
- + Social avoidance
- + Overwhelming fear
- + Interferes with daily activities
- + Irritability
- + Sleeplessness
- + Clinging behavior
- + Aches and pains
- + Upset stomach

NORMAL STRESS OR ANXIETY DISORDER?



Anxiety is a normal part of childhood. Every child goes through phases and will be anxious some of the time. Children with anxiety disorders experience fear and worry that persist despite helpful efforts of parents and teachers.

SCARED Brief Anxiety Scale:

	Not True	Sometimes	True
I get really frightened for no reason at all	0	1	2
I am afraid to be alone in the house	0	1	2
People tell me that I worry too much	0	1	2
I am scared to go to school	0	1	2
I am shy	0	1	2

Total score above 3 indicates likely clinical anxiety

WHAT CAN PARENTS DO?



Every parent wants to help their child feel less anxious. The best way to help an anxious child is by encouraging them to cope rather than avoid.

Be supportive! Acknowledge the child's fear and express acceptance.

Don't accommodate! Accommodation is when parents change their behavior because their child is anxious. Helping a child avoid the things they fear helps in the short-term but maintains anxiety over time.