

March 10, 2014

Evidence-Based Treatments for Child and Adolescent Anxiety

Coping Cat Anxiety Treatment (<http://www.cebc4cw.org/program/coping-cat/>)

Beidas, R. S., Benjamin, C. L., Puleo, C. M., Edmunds, J. M., & Kendall, P. C. (2010). Flexible applications of the Coping Cat program for anxious youth. *Cognitive And Behavioral Practice*, 17(2), 142-153. doi:10.1016/j.cbpra.2009.11.002

Hourigan, S. E., Settapani, C. A., Southam-Gerow, M. A., & Kendall, P. C. (2012). Coping Cat: A cognitive-behavioral treatment for childhood anxiety disorders. In A. Rubin (Ed.), *Programs and interventions for maltreated children and families at risk* (pp. 91-104). Hoboken, NJ US: John Wiley & Sons Inc.

Podell, J. L., Mychailyszyn, M., Edmunds, J., Puleo, C. M., & Kendall, P. C. (2010). The Coping Cat Program for anxious youth: The FEAR plan comes to life. *Cognitive And Behavioral Practice*, 17(2), 132-141. doi:10.1016/j.cbpra.2009.11.001

Trauma-Focused CBT for Children (<http://www.cebc4cw.org/program/trauma-focused-cognitive-behavioral-therapy/>)

Cohen, J. A., Mannarino, A. P., & Deblinger, E. (2012). *Trauma-focused CBT for children and adolescents: Treatment applications*. New York, NY US: Guilford Press.

Building Confidence (<http://www.cebc4cw.org/program/building-confidence/>)

Wood, J. J., McLeod, B. D., Hiruma, L. S., & Phan, A. Q. (2008). *Child anxiety disorders: A family-based treatment manual for practitioners*. New York, NY US: W W Norton & Co.

Family Based CBT for Child Separation Anxiety

Schneider, S., Blatter-Meunier, J., Herren, C., In-Albon, T., Adornetto, C., Meyer, A., & Lavallee, K. L. (2013). The efficacy of a family-based cognitive-behavioral treatment for separation anxiety disorder in children aged 8–13: A randomized comparison with a general anxiety program. *Journal Of Consulting And Clinical Psychology*, 81(5), 932-940. doi:10.1037/a0032678

General Materials regarding Treatment of Child and Adolescent Anxiety

Compton, S. N., Peris, T. S., Almirall, D., Birmaher, B., Sherrill, J., Kendall, P. C., & ... Albano, A. (2014). Predictors and Moderators of Treatment Response in Childhood Anxiety Disorders: Results From the CAMS Trial. *Journal Of Consulting And Clinical Psychology*, doi:10.1037/a0035458

Slides from an excellent talk that Dr. Wendy Silverman (a leading expert on child anxiety) gave:

http://effectivechildtherapy.fiu.edu/files/pdf/niagara_silverman_keynote.pdf