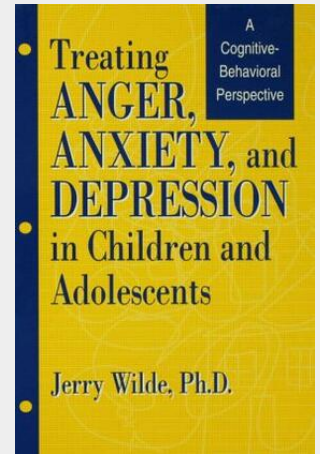


Wilde

## Treating Anger, Anxiety, And Depression In Children And Adolescents

A Cognitive-Behavioral Perspective

Nearly all childhood problems fall somewhere within the big three - anger, anxiety and depression, claims Jerry Wilde, PhD, author of this new guide to treating the most prevalent problems facing children and Adolescents Today Way Of Rational-Emotive Behaviour Therapy REBT.; Wilde applies a cognitive-behavioural perspective to the big three when working with young people in both individual or group and school or private settings. He teaches novice and seasoned practitioners the requisite techniques for turning cognitive-behavioural theory into actual REBT progress in the lives of children and adolescents.; For each of the big three, the book examines causes and effective treatments/interventions and supplies a six to eight week group counselling guide, plus verbatim transcripts of sessions with clients. Also provided is an extensive overview of REBT.; As young people learn that they are not disturbed by events, but by views they take of events, they acquire skills for a lifetime of self-control over anger, anxiety and depression in the classroom, workplace and home. The techniques detailed in this guide should make that goal more accessible.



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