

MINDFULNESS-BASED COGNITIVE THERAPY FOR ANXIOUS CHILDREN

A Manual for Treating Childhood Anxiety

RANDYE J. SEMPLE, PHD & JENNIFER LEE, PHD

Features

- Fun and age-appropriate experiential mindfulness awareness exercises therapists can use with anxious children and teens
- A full introduction to the theoretical basis and research support for the MBCT-C model
- Sample session dialogues and suggestions for procedural variations for working with children of varying ages, anxiety levels, and types of anxiety
- A CD-ROM containing guided mindfulness exercises and printable handouts for each session

A complete and practical guide to effectively enhance the lives of children and adolescents who have anxiety.

Adults rarely associate childhood with anxiety, but more than one in ten children has anxious thoughts and fears debilitating enough to warrant

an anxiety disorder diagnosis. It is essential that therapists who treat children and adolescents have an arsenal of effective techniques for helping young people manage the overwhelming sensations of anxiety before these symptoms develop into lifelong issues.

Developed by mindfulness researchers Randy Semple and Jennifer Lee, the program in *Mindfulness-Based Cognitive Therapy for Anxious Children* can be used in group or individual therapy to help children and adolescents become more aware of the sensations of anxiety and notice how anxiety affects their behavior.

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Mindfulness-Based Cognitive Therapy for Anxious Children



Includes
CD-ROM
with home practices
& illustrated
handouts

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A MANUAL FOR TREATING CHILDHOOD ANXIETY
Randy J. Semple, PhD & Jennifer Lee, PhD
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About
the
Authors

MBCT-C

Randy J. Semple,

PhD, is an assistant professor in the department of psychiatry and behavioral sciences at the University of Southern California, where she teaches and provides clinical supervision to psychiatry residents and graduate students. Her research and clinical interests focus on the development and integration of mindfulness-based interventions for children in psychiatric clinical care.

Jennifer Lee, PhD,

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Mindfulness-based cognitive therapy for children (MBCT-C) was adapted directly from Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT). Although the specific interventions used with children are different, the underlying theory, aims, and approaches are consistent with those programs. For specific adaptations in order to work with children in this model, and why those changes were necessary, see Chapter 4 of *Mindfulness-Based Cognitive Therapy for Anxious Children*.

MBCT-C is based on the premise that thoughts and emotions are not facts. A child first learns to observe and identify thoughts and emotions, then explores how the thoughts and emotions are related to her experiences.

Engagement in mindfulness practices may interrupt habituated reactions, increase the opportunities to respond with greater awareness, and foster appropriate choices about how to respond (or not respond) to events. Enhanced awareness can strengthen the child's capacity to tolerate difficult thoughts, accept strong emotions, and manage more skillfully the situation at hand.

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