



*"Being the parent of an anxious child can be a roller coaster. While anxious children are often thoughtful and caring, they can also be exasperating and place extra demands on parents in terms of time and emotion. Often extended family and friends do not see the distress being experienced by both the child and his or her immediate family.*

*When a child always seems to be scared of something and begins to miss out on so many of life's rewards, most parents are desperate to help. So it is understandably frustrating when nothing you do seems to work...*

*This book is designed to guide parents through a structured course of readings and activities that will help you to teach your child to manage his or her anxiety and will help you to learn new ways of responding to anxious behavior. Each chapter includes children's activities, to encourage children to be actively involved in taking control of their anxiety, and practice tasks that will help you and your child to practice new skills in everyday life. "*

—from ***Helping Your Anxious Child***

## Helping Your Anxious Child A Step-By-Step Guide for Parents (Second Edition)

RONALD M. RAPEE, PH.D., SUSAN H. SPENCE, PH.D., VANESSA COBHAM, PH.D.,

ANN WIGNALL, M.PSYCH, AND HEIDI LYNEHAM, PH.D.

## An expanded and updated version of the bestselling guide to overcoming childhood fears and anxiety

The second edition of ***Helping Your Anxious Child*** helps parents by providing detailed strategies and techniques that they can combine into a comprehensive self-help program for their child's particular needs. From separation anxiety to general anxiety, social anxiety, specific phobia and panic disorder, the book describes the common types of childhood anxiety, how anxiety originates, and options for dealing with the problem, with or without a therapist's help.

In this updated version, the progression of chapters reflects the authors' clinical program, in which major skills are introduced early and then are consolidated and built upon in later chapters. Throughout, the book employs a step-by-step approach that is both structured and directive. Written activities are incorporated throughout the chapters, some intended for the child and others for his or her parent to complete.

*"In *Helping Your Anxious Child*, parents are provided a step-by-step guide for assisting their children in overcoming a panoply of worries, fears, and anxieties....Parents will find this book engaging, easy to read, and full of important ideas about how to best help their children."*

— **Thomas H. Ollendick, Ph.D.**, University Distinguished Professor  
in the department of psychology, Virginia Tech

*"Written with hope, optimism, and respect for children's feelings and unique differences, this book is an important new resource for both parents and professionals working with children."*

— **Debra Whiting Alexander, Ph.D.**, author of *Children Changed by Trauma*

*"[*Helping Your Anxious Child*] offers extensive and concrete steps to teach the child to cope with anxiety, using the means of behavior and thought. This book is highly recommended."*

— **Elke Zuercher-White, Ph.D.**,  
author of *An End to Panic*

**FOR AN INTERVIEW  
REQUEST OR MORE  
INFORMATION CONTACT:**

Earlita Chenault  
510-652-0215, ext. 142  
earlita@newharbinger.com

HELPING YOUR ANXIOUS CHILD, SECOND EDITION  
A Step-by-Step Guide for Parents

By Ronald M. Rapee, Ph.D., Susan H. Spence, Ph.D., Vanessa Cobham, Ph.D.,  
Ann Wignall, M.Psych, and Heidi Lyneham, Ph.D.

September 2008 / 978-1-57224-575-4 / \$17.95 / 232 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com

## ABOUT the AUTHORS

**Ronald M. Rapee, Ph.D.**, is professor in the department of psychology at Macquarie University in Sydney, Australia, and director of its Centre for Emotional Health.

Rapee has been involved in an advisory capacity with the Diagnostic and Statistical Manual of Mental Disorders and he is a member of the United-States-governmentsponsored Project Liberty, which works to develop anxiety management programs for children affected by disasters. He also served on the scientific advisory committee for the Swiss Etiological Study of Adjustment and Mental Health and the editorial board of several international journals.

**Ann Wignall, D. Psych**, is senior clinical psychologist and director of child and adolescent mental health for Northern Sydney Health Service. She founded the Child and Adolescent Anxiety Clinic at Royal North Shore Hospital and works clinically with children and families with a broad range of anxiety and behavioral disorders.

**Susan H. Spence, Ph.D.**, is professor of psychology and now provice chancellor at Griffith University in Brisbane, Australia. She is a researcher and clinical psychologist who specializes in the assessment, prevention, and treatment of child and adolescent anxiety and depression. Spence has published more than one hundred books and academic articles in her field.

**Vanessa Cobham, Ph.D.**, holds appointments in the school of psychology at the University of Queensland and the Mater Child and Youth Mental Health Service in Brisbane, Australia.

**Heidi Lyneham, Ph.D.**, is currently a research fellow within the department of psychology at Macquarie University and deputy director of the Centre for Emotional Health at Macquarie University in Sydney, Australia.

FOR AN INTERVIEW  
REQUEST or MORE  
INFORMATION CONTACT:

Earlita Chenault  
510-652-0215, ext. 142  
earlita@newharbinger.com

HELPING YOUR ANXIOUS CHILD, SECOND EDITION  
A Step-by-Step Guide for Parents

By Ronald M. Rapee, Ph.D., Susan H. Spence, Ph.D., Vanessa Cobham, Ph.D.,  
Ann Wignall, M.Psych, and Heidi Lyneham, Ph.D.  
September 2008 / 978-1-57224-575-4 / \$17.95 / 232 pages



newharbingerpublications, inc. | 800-748-6273 | newharbinger.com