



“I feel like a doctor. The only difference is that I’m on call all the time. Mark won’t go anywhere unless I promise to stay home or stay with him the entire time. I cannot remember the last time my husband and I socialized with friends.”

The above quote from the parents of a separation-anxious child expresses what it feels like when your child experiences extreme or persistent anxiety when left (at school, at a babysitter’s, or in another room) by a parent, anxiety serious enough to meet the criteria for separation anxiety disorder (SAD), one of the most common psychological problems observed among young children. While a certain degree of “clinginess” is normal, when a child develops SAD it can affect the whole family, and make the simplest day-to-day activities a challenge.

In their new book, *Helping Your Child Overcome Separation Anxiety & School Refusal*, Dr. Andrew Eisen and Dr. Linda Engler offer parents effective techniques for dealing with both normal separation anxiety issues and with SAD.

The four types of separation anxiety behavior:

The Shadow: The child who is afraid to be left alone, fearing some physical injury or illness.

The Intruder: The child is obsessed with a fear of robbery, assault, or some other calamitous event perpetrated by a stranger

The Timekeeper: The child who fears misfortune for their parents or caregivers.

The Misfortune Teller: The child who fears abandonment.

Unique among books that approach this subject, *Helping Your Child Overcome Separation Anxiety & School Refusal* deals with each of these varieties differently, prescribing intervention techniques specifically for each.

GETTING YOUR LIFE BACK
(From *Helping Your Child Overcome Separation Anxiety & School Refusal*)

As a loving parent, you may have sacrificed a great deal in your efforts to help your separation-anxious child. By doing so, you may have given up any or all of the following basic privileges:

- * Sleep
- * Hope for a peaceful morning routine
- * Hobbies, exercise, or other recreational activities
- * Social life
- * Free time
- * Freedom
- * Privacy

We think it’s about time that some sense of serenity is restored in your home. We believe that you are entitled to these basic privileges and shouldn’t have to give them up to help your child. By committing to this book, you have taken the first step. Now it’s our turn to show you how improving your life and helping your fearful child can happen at the same time.

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
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Helping Your Child Overcome Separation Anxiety & School Refusal: A Step-by-Step Guide For Parents by Andrew R. Eisen, Ph.D., and Linda B. Engler, Ph.D., ISBN: 1-57224-431-3, \$14.95, 6 x 9, 192 pages Published in July 2006, by New Harbinger Publications, 800-748-6273, www.newharbinger.com

About the Authors



Andrew R. Eisen, Ph.D., is an associate professor in the School of Psychology and director of the Child Anxiety Disorders Clinic at Fairleigh Dickinson University. His research and clinical interests include child anxiety and related problems, learning disorders, and sensory integration issues. Eisen has published numerous articles and chapters and four books, including *Separation Anxiety in Children and Adolescents*.



Linda B. Engler, Ph.D., is co-director of the Child Anxiety and Related Disorders Clinic in Rockland County, NY. Her research and clinical interests include child anxiety and related problems, ADHD, and the early detection and remediation of nonverbal and language-based learning disorders. Engler has published and presented in the areas of anxiety disorders, ADHD, eating disorders and school partnerships. In addition, she maintains a private practice focusing on children and families.

Raves for Eisen & Engler's new book

"Eisen and Engler have written an outstanding guide for parents of children who suffer from separation anxiety or school refusal. This well-written book is the first of its type, describing practical, step-by-step strategies similar to those that have been studied extensively in anxiety research centers around the world..."

—**Martin M. Antony, Ph.D., ABPP**, director of the Anxiety Treatment and Research Centre at St. Joseph's Healthcare and professor in the Departments of Psychiatry and Behavioural Neurosciences at McMaster University, both in Hamilton, ON

"Separation anxiety can derail a child's normal development at any age. Moreover, it can make life miserable for that child's parents and family—not only the child. This book helps parents navigate the murky waters of separation anxiety by giving them a roadmap and a set of proven and effective strategies to help them deal with it and, yes, even to prevent it."

—**Thomas H. Ollendick, Ph.D.**, university distinguished professor and director of the Child Study Center in the Department of Psychology at the Virginia Polytechnic Institute and State University in Blacksburg, VA

"...This book is an essential resource for parents who are stuck in the binds produced by a separation anxious child and for therapists who are trying to provide an empirically validated program."

—**Ronald M. Rapee, Ph.D.**, director of the Macquarie University Anxiety Research Unit and author of *Helping Your Anxious Child*

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