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This study evaluated a modular CBT program for childhood anxiety disorders in two elementary schools. Forty children (5-12 years old) with anxiety disorders, referred by teachers and school staff, were randomly assigned to modular CBT or a 3-month waitlist. Clinicians worked with individual families as well as teachers and school staff.

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There are a number of modular treatments for internalizing disorders. The first

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Clearly identified modular therapy for children—Modular CBT—was developed to address anxiety disorders in children. This treatment is based on CBT work with adults [25, 26] and with children [27, 28]. It includes a minimum of four core modules (self-monitoring, psychoeducation about anxiety, exposure, and maintenance), along with optional cognitive modules and content for addressing disruptive behaviors ...

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cognitive behavioral therapy cbt is the most efficacious treatment for childhood anxiety disorders at the same time several studies showed that for children and adolescents with social anxiety Sep 04, 2020 modular cbt for children and adolescents with depression a clinician's guide to individualized treatment Posted By Sidney Sheldon Publishing

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This is probably the most practical of all the CBT for childhood anxiety I've read. It not only addresses some of the issues in modifying the treatment, through the use of modules and monitoring of treatment, but takes you through the key components of effective treatment.

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CBT can be effective when delivered in real world settings. This study evaluated a

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