

Emotion Regulation in Children and Adolescents

A PRACTITIONER'S GUIDE



Michael A. Southam-Gerow

Emotion Regulation In Children And Adolescents A Practitioners Guide

DP Hallahan



Emotion Regulation In Children And Adolescents A Practitioners Guide:

Emotion Regulation in Children and Adolescents Michael A. Southam-Gerow, 2013-01-22 Emotion regulation difficulties are central to a range of clinical problems yet many therapies for children and adolescents lack a focus on emotion and related skills In a flexible modular format this much needed book presents cutting edge strategies for helping children and adolescents understand and manage challenging emotional experiences Each of the eight treatment modules can be used on its own or in conjunction with other therapies and includes user friendly case examples sample dialogues and engaging activities and games Emotion informed assessment and case conceptualization are also addressed Reproducible handouts can be photocopied from the book or downloaded and printed in a convenient 8 1 2 x 11 size

Emotion Regulation in Children and Adolescents Michael A. Southam-Gerow, 2016-04-29 Emotion regulation difficulties are central to a range of clinical problems yet many therapies for children and adolescents lack a focus on emotion and related skills In a flexible modular format this much needed book presents cutting edge strategies for helping children and adolescents understand and manage challenging emotional experiences Each of the eight treatment modules can be used on its own or in conjunction with other therapies and includes user friendly case examples sample dialogues and engaging activities and games Emotion informed assessment and case conceptualization are also addressed Reproducible handouts can be downloaded and printed in a convenient 8 1 2 x 11 size

Practitioner's Guide to Emotion Regulation in School-Aged Children Gayle L. Macklem, 2007-12-03 Emotion regulation skills should be mastered by early childhood but many enter school with deficits that may not have been addressed effectively or early enough This vital new text presents in depth background and practical information on the subject so school professionals can craft interventions that are developmentally appropriate and timely It also offers practical tools that can be taught to children and shared with parents and teachers

Emotion Regulation and Psychopathology in Children and Adolescents Cecilia A. Essau, Sara S. LeBlanc, Thomas H. Ollendick, 2017-07-04

Emotions are a cardinal component of everyday life affecting one's ability to function in an adaptive manner and influencing both intrapersonal and interpersonal processes such as self esteem and relationship satisfaction However when emotions are overpowering they can become debilitating and intrusive in daily life In general emotion regulation competencies become differentiated as a function of development Children tend to seek support from adults or use behavioral techniques to regulate their emotions As children reach adolescence they become increasingly self reliant engaging in planful problem solving and utilizing cognitive strategies for example reappraisal more frequently when faced with stressful life events While the majority of children and adolescents will successfully navigate these developmental stages by cultivating adaptive coping skills for some this marks the beginning of lifelong challenges with emotion regulation and resultant dysregulation This book provides a guide to dealing with these problems with contributions from leading experts in the field Divided into 4 sections it starts by providing an introduction to the field of emotion regulation in adolescents touching upon the cultural social

biological and developmental issues related to this topic Section two discusses several psychological disorders impacting adolescents such as anxiety depression and conduct problems while also discussing the underlying role emotion regulation plays in the development maintenance and propagation of these disorders In addition this section considers the implication for treatment by discussing the latest evidence based intervention approaches The third section focuses on the role of emotion regulation in specific behaviour populations such as children of abuse and neglect as well as adolescents who engage in nonsuicidal self injury The final section includes an epilogue discussing emergent areas of research answering questions of a theoretical psychological and empirical nature For all those working in the field of mental health whether novice or experienced the book provides a valuable guide to understanding and treating these increasingly common problems

Emotional Dysregulation in Children and Adolescents Eva Moehler,Carla Sharp,Romuald Brunner,2022-06-30

Handbook of Cognitive Behavioral Therapy for Pediatric Medical Conditions Robert D. Friedberg,Jennifer K. Paternostro,2019-10-02 This handbook offers a comprehensive review of cognitive behavioral therapy CBT for working in integrated pediatric behavioral health care settings It provides research findings explanations of theoretical concepts and principles and descriptions of therapeutic procedures as well as case studies from across broad conceptual areas Chapters discuss the value of integrated care diversity issues ethical considerations and the necessary adaptations In addition chapters address specific types of pediatric conditions and patients such as the implementation of CBT with patients with gastrointestinal complaints enuresis encopresis cancer headaches epilepsy sleep problems diabetes and asthma The handbook concludes with important directions in research and practice including training and financial considerations Topics featured in this handbook include Emotional regulation and pediatric behavioral health problems Dialectical Behavior Therapy DBT for pediatric medical conditions Pharmacological interventions and the combined use of CBT and medication CBT in pediatric patients with chronic pain CBT for pediatric obesity CBT informed treatments and approaches for transgender and gender expansive youth Medical non compliance and non adherence associated with CBT Training issues in pediatric psychology The Handbook of Cognitive Behavioral Therapy for Pediatric Medical Conditions is an essential resource for researchers and graduate students as well as clinicians related therapists and professionals in clinical child and school psychology pediatrics social work developmental psychology behavioral therapy rehabilitation child and adolescent psychiatry nursing and special education

Handbook of Evidence-Based Interventions for Children and Adolescents Lea A. Theodore, PhD,2016-07-20 A step by step resource for treating more than 40 prevalent issues with proven strategies This comprehensive handbook for evidence based mental health and learning interventions with children and adolescents is distinguished by its explicit yet concise guidance on implementation in practice With a compendium of proven strategies for resolving more than 40 of the most pressing and prevalent issues facing young people the book provides immediate guidance and uniform step by step instructions for resolving issues ranging from psychopathological disorders to academic problems

Busy academics practitioners and trainees in schools and outpatient clinical settings will find this resource to be an invaluable desktop reference for facilitating well informed decision making Unlike other volumes that ignore or merely reference the evidence base of various interventions this book focuses on providing immediate empirically supported guidance for putting these strategies into direct practice Issues covered include crisis interventions and response social and emotional issues academic learning issues psychopathological disorders neuropsychological disorders and the behavioral management of childhood health issues Each chapter follows a consistent format including a brief description of the problem and associated characteristics etiology and contributing factors and three evidence based step by step sets of instructions for implementation Additionally each chapter provides several websites offering further information about the topic Featuring contributions from leading scholars and practitioners on each issue covered this book will be a valuable resource for child clinical and school psychologists counselors social workers and therapists as well as other health and mental health professionals whose primary practice is with children and adolescents Key Features Demonstrates step by step evidence based interventions for more than 40 common childhood issues Provides treatment procedures that can be immediately put into practice Covers a wide range of mental health and academic learning issues for children and adolescents Relevance for both school based and clinically based practice Includes contributions by noted experts in the field

Language and Emotion. Volume 3 Gesine Lenore Schiewer, Jeanette Altarriba, Bee Chin Ng, 2023-05-08 The Handbook consists of four major sections Each section is introduced by a main article Theories of Emotion General Aspects Perspectives in Communication Theory Semiotics and Linguistics Perspectives on Language and Emotion in Cultural Studies Interdisciplinary and Applied Perspectives The first section presents interdisciplinary emotion theories relevant for the field of language and communication research including the history of emotion research The second section focuses on the full range of emotion related aspects in linguistics semiotics and communication theories The next section focuses on cultural studies and language and emotion emotions in arts and literature as well as research on emotion in literary studies and media and emotion The final section covers different domains social practices and applications such as society policy diplomacy economics and business communication religion and emotional language the domain of affective computing in human machine interaction and language and emotion research for language education Overall this Handbook represents a comprehensive overview in a rich diverse compendium never before published in this particular domain

Acceptance and Mindfulness Treatments for Children and Adolescents Laurie Greco, Steven Hayes, 2008-07-02 Though acceptance and mindfulness interventions have proven enormously effective for adults with stress anxiety depression and other mental health issues they have not been fully documented for use with children and adolescents And yet they are a natural fit for children's therapy the focus on acceptance and mindfulness builds children's psychological flexibility and the values component of these methods helps young people learn to set goals and take action to achieve them The chapters in Acceptance and

Mindfulness Treatments for Children and Adolescents show how to modify third wave behavioral and cognitive therapy methods for the treatment of children and adolescents This book also considers the early evidence for the adaptability and effectiveness of these methods Edited by two luminaries in the field of third wave behavior therapy these essays will be invaluable in helping young patients reap the benefits of acceptance and mindfulness approaches such as acceptance and commitment therapy ACT dialectical behavior therapy DBT mindfulness based cognitive therapy MBCT and mindfulness based stress reduction MBSR Learn how ACT DBT MBCT and MBSR can be used with young people and their families Discover recent third wave behavior therapy research Explore the practice issues that arise when acceptance and mindfulness techniques are used with children and adolescents Find out how to put these techniques to work in your own practice

Handbook of Child and Adolescent Group Therapy Craig Haen, Seth Aronson, 2016-10-14 This handbook describes in detail different contemporary approaches to group work with children and adolescents Further this volume illustrates the application of these models to work with the youth of today whether victims of trauma adolescents struggling with LGBT issues or youth with varying common diagnoses such as autism spectrum disorders depression and anxiety It offers chapters presenting a variety of clinical approaches written by experts in these approaches from classic play therapy and dialectical behavior therapy to cutting edge attachment based intervention mindfulness and sensorimotor psychotherapy Because of its broad scope the book is suitable for a wide audience from students to first time group leaders to seasoned practitioners

Autism Spectrum Disorders Tim Williams, 2011-09-06 Autism spectrum disorders are a major topic for research The causes are now thought to be largely genetic although the genes involved are only slowly being traced The effects of ASD are often devastating and families and schools have to adapt to provide the best for people with ASD to attain their potential This book describes some of the interventions and modifications that can benefit people with ASD

The Elements of Counseling Children and Adolescents Catherine P. Cook-Cottone, PhD, Linda Kane, Laura M. Anderson, PhD, Laura M. Anderson, 2014-12 Print CourseSmart

Mindfulness and Meditation for Adolescents Betsy L. Wisner, 2017-07-10 This book describes mindfulness and meditation practices and programs for adolescents by situating the topic in a bio psychosocial cultural approach Using this framework the benefits of these practices and programs for adolescents with an emphasis on evidence based practices are explored In addition to programs based on mindfulness meditation programs using Transcendental Meditation Herbert Benson s Relaxation Response and the Center for Mind Body Medicine s group programs are discussed The book is targeted toward educators mental health professionals researchers and graduate students interested in the application development and study of mindfulness and meditation practices and programs for adolescents

Practitioner's Guide to Empirically Based Measures of Social Skills Douglas W. Nangle, David J. Hansen, Cynthia A. Erdley, Peter J. Norton, 2009-12-16 Social skills are at the core of mental health so much so that deficits in this area are a criterion of clinical disorders across both the developmental spectrum and the DSM The Practitioner s Guide

to Empirically Based Measures of Social Skills gives clinicians and researchers an authoritative resource reflecting the ever growing interest in social skills assessment and its clinical applications This one of a kind reference approaches social skills from a social learning perspective combining conceptual background with practical considerations and organized for easy access to material relevant to assessment of children adolescents and adults The contributors expert guidance covers developmental and diversity issues and includes suggestions for the full range of assessment methods so readers can be confident of reliable valid testing leading to appropriate interventions Key features of the Guide An official publication of the Association for Behavioral and Cognitive Therapies Describes empirically based assessment across the lifespan Provides in depth reviews of nearly 100 measures their administration and scoring psychometric properties and references Highlights specific clinical problems including substance abuse aggression schizophrenia intellectual disabilities autism spectrum disorders and social anxiety Includes at a glance summaries of all reviewed measures Offers full reproduction of more than a dozen measures for children adolescents and adults e g the Interpersonal Competence Questionnaire and the Teenage Inventory of Social Skills As social skills assessment and training becomes more crucial to current practice and research the Practitioner s Guide to Empirically Based Measures of Social Skills is a steady resource that clinicians researchers and graduate students will want close at hand

Trait Emotional Intelligence: Foundations, Assessment, and Education

Juan-Carlos Pérez-González,Donald H. Saklofske,Stella Mavroveli,2020-06-22 Fostering the Emotional Well-Being of Our Youth Philip J. Lazarus,Shannon Suldo,Shannon M. Suldo,Beth Doll,2021 Redefining mental health to both promote psychological well being as well as treat psychopathological disorders is a game changer for school mental health Fostering the Emotional Well Being of Our Youth describes what this paradigm shift means for school mental health practices why the promotion of students well being is so important how this new paradigm will change day to day practices of school mental health professionals and what the outcomes will be for students educators and the schools The book s chapters are written by some of the foremost researchers and scholars in school mental health practices and their work will shape the profession s adaption and application of dual factor mental health in future decades

Exposure Therapy with Children and Adolescents Michael A. Southam-Gerow,2019-05-28 Exposure therapy is highly effective for treating anxiety disorders in children and adolescents yet implementation with youth and their parents entails unique challenges Packed with clinical examples this concise book provides practical developmentally savvy guidelines for conducting therapeutic exposure with 5 to 18 year olds At each stage of the process it addresses clinicians most common questions and concerns Coverage includes how to build a strong initial assessment develop a fear ladder individualize exposure exercises for different problem areas including phobia social anxiety worry separation anxiety and panic and monitor progress Also discussed is when and how to integrate exposure with relaxation and cognitive strategies

The Practitioner Guide to Skills Training for Struggling Kids Michael L. Bloomquist,2012-10-25 Addressing frequently encountered emotional behavioral and academic difficulties

this essential guide shows how to help parents implement proven skills building strategies with their kids ages 5-17. The author draws on over 25 years of research and clinical practice to provide a flexible program for individual families or parent groups. The focus is on teaching kids the skills they need to get their development back on track and teaching parents to cope with and manage challenging behavior. Featuring vignettes and troubleshooting tips, the Practitioner Guide is packed with ideas for engaging clients and tailoring the interventions. In a large size format for easy photocopying, it contains more than 60 reproducible handouts and forms. The related book *Skills Training for Struggling Kids* is an invaluable client recommendation guide that guides parents to implement the strategies and includes all of the handouts and forms they need. Note: The original *Skills Training for Children with Behavior Problems* was designed for practitioners and parents to use together. It has now been split into two volumes that serve each audience better with tailored information, more detailed instructions, and resources.

Children's Emotions in Policy and Practice Peter Kraftl, Matej Blazek, 2016-04-29. This volume examines children's and young people's emotions in policy making and professional practice. It seeks both to inform readers about up-to-date research and to provoke debate, encouraging and enabling critical reflections upon emotions in policy and practice relevant to readers' own context.

CBT Express Jessica M. McClure, Robert D. Friedberg, Micaela A. Thordarson, Marisa Keller, 2019-08-26. Offering vital tools for working with 4 to 18 year olds in a wide range of settings, this book presents engaging cognitive behavioral therapy (CBT) activities that can be implemented rapidly and flexibly. Concise chapters guide the provider to quickly identify meaningful points of intervention for frequently encountered clinical concerns and to teach and model effective strategies. Each intervention includes a summary of the target age, module purpose, rationale, materials needed, and expected time for completion, as well as clear instructions and sample dialogues and scripts. In a convenient large size format, the book features helpful graphics and 77 reproducible handouts and worksheets in the form of Handy and Quick HQ Cards. Purchasers get access to a Web page where they can download and print the reproducible materials.

Emotion Regulation In Children And Adolescents A Practitioners Guide Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **Emotion Regulation In Children And Adolescents A Practitioners Guide**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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