

# Anksiyete

Bilişsel davranışçı terapinin, çocuklarda ve gençlerde anksiyete bozuklukları için etkili bir tedavi olduğu kanıtlanmıştır. Bu kitap BDT'ye genel bir bakış sağlamakta ve anksiyete bozukluğu olan çocuklara nasıl yardımcı olabileceğini incelemektedir.

“Anksiyete: Çocuklar ve Gençler için Bilişsel Davranışçı Terapi” kitabında Paul Stallard, çocuklukta geçirilen anksiyete sorunlarının doğasını ve kapsamını açıklamakta ve bir tedavi yöntemi olarak bilişsel davranışçı modelinin etkililiğine ilişkin kanıtları tartışmaktadır.

Özellikle klinisyenler için yazılmış olan bu kısa, öz ve erişilebilir kitap, BDT'nin anksiyete bozukluğu yaşayan çocuklarda nasıl kullanılabileceğinin kolay, izlenebilir ve net bir taslağını sunmaktadır. Kitap, çocuk ve ergenlerle çalışan klinisyenin günlük uygulamalarında kullanabileceği birçok fikir, kısa hikayeler, vaka örnekleri ve çalışma sayfaları sunmaktadır.

Bu basit metin, ruh sağlığı çalışanları, sosyal hizmet uzmanları ve eğitim kurumlarında çalışan profesyoneller için, belirgin anksiyete sorunları olan çocuklarla çalışmalarında gerek duyacakları temel bir kaynak olacaktır.

## **Çevrimiçi kaynaklar:**

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**Paul Stallard**, Bath Üniversitesi Çocuk ve Aile Ruh Sağlığı Profesörü ve Avon ve Wiltshire Ruh Sağlığı Ortaklığı Ulusal Sağlık Sistemi Danışman Klinik Psikoloğudur. Birçok profesyonel dergide yayın yapmakta ve Birleşik Krallık'ta ve yurt dışında anksiyete ve depresyona yönelik okul temelli BDT programlarının değerlendirilmesinde yer almaktadır.

## **Çocuklar, Ergenler ve Aileler için BDT**

Seri editörü: Paul Stallard

**“Profesör Paul Stallard editörlüğünde uluslararası uzman bir ekip tarafından hazırlanan Çocuklar, Ergenler ve Aileler için BDT serisi, gençlerin yaygın psikolojik sorunlarına hitap edebilmek için kanıta dayalı tedavi kılavuzlarına yönelik artan gereksinimi karşılamaktadır. Bu güvenilir ve pratik kitaplar, çocuk ve ergen ruh sağlığı alanında çalışan tüm profesyoneller için ilgi çekici olacaktır. “- Alan Carr, Dublin Üniversitesi Klinik Psikoloji Profesörü, İrlanda.**

Bilişsel davranışçı terapi (BDT), hem İngiltere Ulusal Sağlık Sisteminde hem de özel muayenehane ortamlarında en fazla kullanılan tedavi yaklaşımıdır ve bir çok farklı alanda çalışan ruh sağlığı uzmanları tarafından giderek daha yaygın bir şekilde kullanılmaktadır.

Çocuklar, Ergenler ve Aileler için BDT serisi, çocuk ve ergenlik döneminin çeşitli sorunları ve bunlarla ilişkili aile problemlerini ele alırken, BDT'yi kullanma konusunda kapsamlı ve pratik bir rehber olarak öne çıkmaktadır. Çocuklara ve gençlere yönelik tedavi ve danışmanlık talepleri hızla artmaktadır ve aile ile okul ortamlarına erken müdahaleler giderek daha etkili ve gerekli görülmektedir. Bu seride, kendi alanlarındaki önde gelen otoriteler tarafından bunu başarmak için gerekli yaklaşımlar konusunda ayrıntılı tavsiyeler sunulmaktadır.

Bu serinin her bir kitabı belirli bir soruna odaklanmakta ve profesyonellere ilk değerlendirme görüşmelerinden, çeşitli tekniklerin uygulanmasına sıkça karşılaşılan problemlere ve gelecekteki sorunlara yaklaşımda bir rehberlik sunmaktadır. Özellikle klinisyen için yazılmış olan her başlık çocuk ve gençlerle kullanılacak temel noktaların, klinik örneklerin ve çalışma sayfalarının özetlerini içermektedir.

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## Çocuk ve Gençlerde Bilişsel Davranışçı Terapi

Paul Stallard

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 Routledge  
Taylor & Francis Group  
LONDON AND NEW YORK

  
AKADEMİSYEN  
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**ISBN**

978-605-258-445-3

**Yayın Koordinatörü**

Yasin DİLMEN

**Kitap Adı**

Anksiyete

Çocuk ve Gençlerde Bilişsel

Davranışçı Terapi

**Sayfa ve Kapak Tasarımı**

Akademisyen Dizgi Ünitesi

**Yayıncı Sertifika No:**

25465

**Baskı ve Cilt**

Özyurt Matbaacılık

**Bisac Code:**

PSY004000

**DOI**

10.37609/akya.1446

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# Teşekkür

Bu kitabın yazımı sırasında sürekli destek ve teşviklerinden dolayı aileme, Rosie, Luke ve Amy'ye teşekkürlerimi sunarım. Ayrıca tanışma ve çalışma şansı bulduğum ve bu kitapta bulunan fikirleri geliştirmeme yardım eden birçok meslektaşım da teşekkür ederim. Son olarak bu kitap, birlikte çalışma ayrıcalığına sahip olduğum çocuklar, gençler ve ebeveynleri olmadan mümkün olmazdı.

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