

Very early family-based intervention for anxiety: two case studies with toddlers

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ABSTRACT

Anxiety disorders represent the most common category of psychiatric disorder in children and adolescents and contribute to distress, impairment and dysfunction. Anxiety disorders or their temperamental precursors are often evident in early childhood, and anxiety can impair functioning, even during preschool age and in toddlerhood. A growing number of investigators have shown that anxiety in preschoolers can be treated efficaciously using cognitive-behavioural therapy (CBT) administered either by training the parents to apply CBT strategies with their children or through direct intervention with parents and children. To date, most investigators have drawn the line at offering direct CBT to children under the age of 4. However, since toddlers can also present with impairing symptoms, and since behaviour strategies can be applied in older preschoolers with poor language ability successfully, it ought to be possible to apply CBT for anxiety to younger children as well. We therefore present two cases of very young children with impairing anxiety (ages 26 and 35 months) and illustrate the combination of parent-only and parent-child CBT sessions that comprised their treatment. The treatment was well tolerated by parents and children and showed promise for reducing anxiety symptoms and improving coping skills.

INTRODUCTION

Anxiety disorders affect as many as 30% of children and adolescents and contribute to social and academic dysfunction. These disorders or their temperamental precursors¹ are often evident in early childhood, with 10% of children ages 2–5 already exhibiting anxiety disorders.² Anxiety symptoms in toddlerhood³ and preschool age⁴ show moderate persistence and map on to the corresponding Diagnostic and Statistic Manual anxiety disorders.^{5,6} Well-meaning parents, particularly those with anxiety disorders themselves, may respond to a child's distress around separating from parents or being around unfamiliar children by decreasing the child's exposure to these situations, for example, by not having the child start preschool or by not leaving the child with a childcare provider to go to work or socialise. In the short term, such responses may improve concurrent family function, strain the parent-child relationship, and reduce the

child's opportunity for increased autonomy, learning and social development.⁷ These avoidant strategies may initiate a trajectory where the child takes part in fewer and fewer activities, leading to social and academic dysfunction.⁸

Members of our research team began championing the idea of early intervention with young anxious children over two decades ago, with the aim of teaching children and their parents cognitive-behavioural strategies to manage anxiety before their symptoms become too debilitating.⁹ Although cognitive-behavioural therapy (CBT) has since emerged as the psychosocial treatment of choice for treating and preventing anxiety,^{10,11} at that time, most protocols that had been empirically tested were aimed at children ages 7 through early adolescence, with only a few enrolling children as young as age 6.¹² We developed and tested a parent-child CBT intervention (called "Being Brave") and reported efficacy in children as young as 4 years.^{12,13} The treatment involved teaching parents about fostering adaptive coping and implementing graduated exposures to feared situations, and modelling how to teach children basic coping skills and conduct exposures with reinforcement. In parallel, a growing number of investigators confirmed that anxiety in preschoolers could be treated efficaciously using CBT administered either by training parents to apply CBT strategies with their children or through direct intervention with children.^{14,15} Early family-based intervention using cognitive-behavioural strategies was shown to reduce rates of later anxiety and to attenuate the onset of depression in adolescence in girls.¹⁶

The question remains as to whether early intervention can be extended even younger. With few exceptions,^{17,18} most investigators do not offer direct CBT for anxiety to children under age 3 or 4,¹⁹ and none to our knowledge have treated anxiety disorders with CBT in children under age 2.¹⁹

Picture For Toddlers Case Studies

Vic Parker,Victoria Parker

Picture For Toddlers Case Studies:

Handbook of Research on Children's and Young Adult Literature Shelby Wolf,Karen Coats,Patricia

Enciso,Christine Jenkins,2011-04-27 This multidisciplinary handbook pulls together in one volume the research on children s and young adult literature which is currently scattered across three intersecting disciplines education English and library and information science **Left-Behind Children in Rural China** Ye Jingzhong,2010-11-01 This ground breaking work is the result of research by Plan International China and the China Agricultural University on children who have been left behind in their rural villages when their parents migrate to cities in search of work

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Journal of the American Association of University Women

,1929 **Therapeutic Cultural Routines to Build Family Relationships** Marva L. Lewis,Deborah J.

Weatherston,2021-12-06 Social workers and Infant and Early Childhood Mental Health IECHM helpers need practical relationship based clinical tools to support families experiencing stress separation and loss Research reveals key parenting behaviors occur during hair combing interaction HCI lively verbal interaction sensitive touch and responsiveness to infant cues This book explores how the simple routine of combing hair serves as an emotionally powerful trauma informed culturally valid therapeutic tool for use by mental health helpers HCI offers a low cost opportunity for IECHM helpers to engage families and sustain attachment relationships In this book case studies illustrate the use of HCI with diverse families of color Each chapter includes questions for reflective supervision to understand sociocultural factors that may shape behaviors during HCI Topics included in the text The Observing Professional and the Parent s Ethnobiography Introduction to Reflective Supervision Through the Lens of Culture Diversity Equity and Inclusion A Case Study in Cross Racial Practice and Supervision Reflections in Black and White Tools to Disrupt Legacies of Colorism Perceptions Emotions and Stories of Childhood Racial Features Therapeutic Cultural Routines to Build Family Relationships Talk Touch Listen While Combing Hair is a unique resource for counselors psychologists psychiatrists home visiting nurses early childhood educators and family therapists who work with military families or multiracial families with bi racial children This book provides practical insights useful for professionals and parents The authors share compelling experiences using strength based and rich cultural approaches guided by reflective practice It deserves to be widely read and become a classic resource Robert N Emde Emeritus Professor of Psychiatry University of Colorado School of Medicine

Handbook of Autism and Pervasive Developmental Disorders, Assessment, Interventions, and Policy Fred R. Volkmar,Rhea Paul,Ami Klin,Donald J.

Cohen,2007-09-10 The second edition of the benchmark reference Since its first edition this handbook has become the most influential reference work in the field of autism and related conditions Now expanded to two volumes this comprehensive work provides a thorough review of these disorders drawing on findings and clinical experience from a number of related disciplines The Second Edition covers all current treatment models and is updated to include new methods for screening and assessment genetic components and school based interventions All chapters have been thoroughly updated two thirds of chapters are entirely new to this edition VolumeTwo includes the newest most authoritative information available on assessment interventions and policy ramifications surrounding pervasive developmental disorders Subject Catalog, 1975

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Children and Youth with Autism Spectrum Disorder (ASD) James K. Luiselli Ph.D.,2014-03-07 Autism spectrum disorder ASD is a relatively new diagnostic label which reflects the variability and differentiation of symptomatology among children and youth commonly described as having autistic disorder high functioning autism HFA and Asperger's syndrome Current best practices have emerged from decades of evidence based research research to practice translation of empirically supported procedures and consensus driven recommendations from multiple disciplines As a result practitioners have many educational and intervention choices for children and youth with ASD what is critical is that these options are informed by empirical outcomes that have been replicated in experimental trials group and single case and disseminated to professionals and researchers alike Children and

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Collected

Studies from the Bureau of Laboratories, Department of Health, City of New York New York (N.Y.). Department of Health. Bureau of Laboratories, 1915 *Observation and Participation in Early Childhood Settings* Jean Billman, Janice A. Sherman, 2003 This text was written to give students experience in using effective methods for observing young children's development ages 0-8 and documenting their observations. Designed to guide students' participation with children of different age groups in a variety of early childhood settings, the text encourages students to interact with children as they learn more about development by carrying out the activities outlined in each chapter. This text models the educational approaches that professionals advocate for early childhood classrooms: observational learning, active learning, guided discovery, choice, mini-lessons, and cooperative learning. These approaches are incorporated into this text through concise overviews and numerous activities related to early childhood development and education.

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