



# Mindfulness-Based Cognitive Therapy for Anxious Children: A Manual for Treating Childhood Anxiety

*Randy Semple, Jennifer Lee*

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*Mindfulness-Based Cognitive Therapy for Anxious Children* offers a complete professional treatment program designed to help children ages nine through twelve who struggle with anxiety. This twelve-session protocol can be used to treat anxious children in group or individual therapy. The poems, stories, session summaries, and home practice activities on the enclosed CD-ROM supplement child therapy sessions and parent meetings to illuminate mindful awareness concepts and practices. In twelve simple sessions, children will learn new ways to relate to anxious thoughts and feelings and develop the ability to respond to life events with greater awareness and confidence.

Help children manage the symptoms of all types of anxiety:

- Panic disorder
- Agoraphobia
- Obsessive-compulsive disorder
- Post-traumatic stress disorder
- Generalized anxiety disorder
- Social phobia
- Specific phobias
- Separation anxiety disorder
- School refusal

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