

“HELPING YOUR ANXIOUS CHILD: A STEP-BY-STEP GUIDE FOR PARENTS”

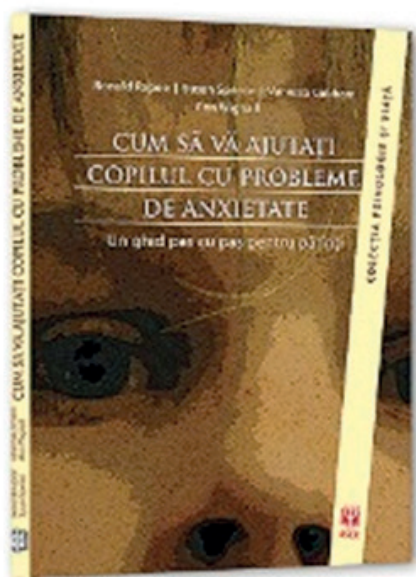
by Ronald Rapee, Susan Spence, Vanessa Cobham and Ann Wignall ,
Second edition / Editura ASCR, Colecția „Psihologie și viață”

– BOOK REVIEW BY CORNELIA PARAIPAN –

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We all know how fear feels, how it makes our heart raise and our hand sweat, how it flushes our cheekbones with red color when we have to perform in front of an audience and how everyone around you says “there’s nothing to be afraid, you’ll be fine”. We all know fear? Don’t we?!

This is what the majority of the adults around us do when they encounter fear, but what can we do when fear is paralyzing our children with fear of bad grades and shaming? How can we help as parents, when we don’t even allow ourselves to encounter and understand fear?



This step by step guide for parents is a book that answers these questions and helps parents be a co-therapeutic partner when it comes to their children anxiety. Approached from a cognitive behavior therapy point of view this book is an excellent, well-documented and useful guide that helps explain what anxiety is through a series of case presentation in which different forms of anxiety are described. It tells a story about what normal fear is and why it is vital to have it, while it differentiates from pathological fear. The parents can feel empowered reading this book in how they can guide their child through anxiety, because it gives a sense of knowledge and control.

What I loved the most about this approach is the fact that it explains what are the premises of a anxiety. *The genetic component of temperament*, which allows parents to fill relief of guilt, *the environment* – which teaches about how children learn to deal with fear from imitating reactions from adults around them - and even how we make a child, became anxious when we say that the world is not safe or that they cannot handle it without us, their parents.

The guide has 8 chapters which go through *psycho-education* –how does anxiety