



Helping Students Overcome Depression and Anxiety: A Practical Guide

Kenneth W. Merrell

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Depression, anxiety, and other internalizing disorders can have severe and lasting consequences for children and adolescents. This unique book provides the school-based practitioner with clear-cut strategies for addressing these problems creatively and effectively with students in grades K-12. A concise overview of the nature, development, and course of childhood depression and anxiety is delineated, and a comprehensive assessment model is outlined. Chapters then present a wide range of empirically supported interventions that are easy to implement and readily adaptable to diverse settings. Featured cognitive-behavioral and psychoeducational techniques are described in jargon-free language, and numerous reproducible worksheets are included to facilitate the practitioner's day-to-day work. Other topics covered include currently available psychiatric medications for depression and anxiety, and when and how a psychiatric referral should be made.



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