

The Worry Wars: An Anxiety Workbook for Kids and Their Helpful Adults!

By Paris Goodyear-Brown

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The Worry Wars is a step-by-step guide to helping children conquer their fears. Three heroic characters battle formidable fears and defeat them. Children who struggle with anxiety will identify with one or more of the hopeful and beautifully illustrated metaphoric stories that provide a springboard for dozens of fun, clinically sound interventions. The activities provide child-friendly ways to: Understand how anxiety works Identify worries and anxious thoughts Develop and practice adaptive coping strategies Practice relaxation Create and practice cognitions to help boss back the worries Develop an attack plan that includes doing the scary thing anyway ... but in a gradual way that allows the child to experience a sense of mastery. A variety of fun reproducibles help children and their helpful adults plan their battles, record their successes and track rewards as they gradually boss back the worry. Finally, activities are provided to help families celebrate after they emerge victorious from the Worry Wars.

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Editorial Review

About the Author
Paris Goodyear-Brown is a Licensed Clinical Social Worker and a Registered Play Therapist-Supervisor specializing in work with children and families. Currently in private practice, Paris is also an adjunct professor with the University of Tennessee's graduate program in Social Work and Trevecca Nazarene University's Psychology and Marriage and Family Therapy programs. She is nationally known as an energetic and inventive workshop trainer, who mixes sound theoretical principles with ground breaking interventions designed especially for working with children.

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