

Anxiety Treatment Programs (Child & Adolescent)

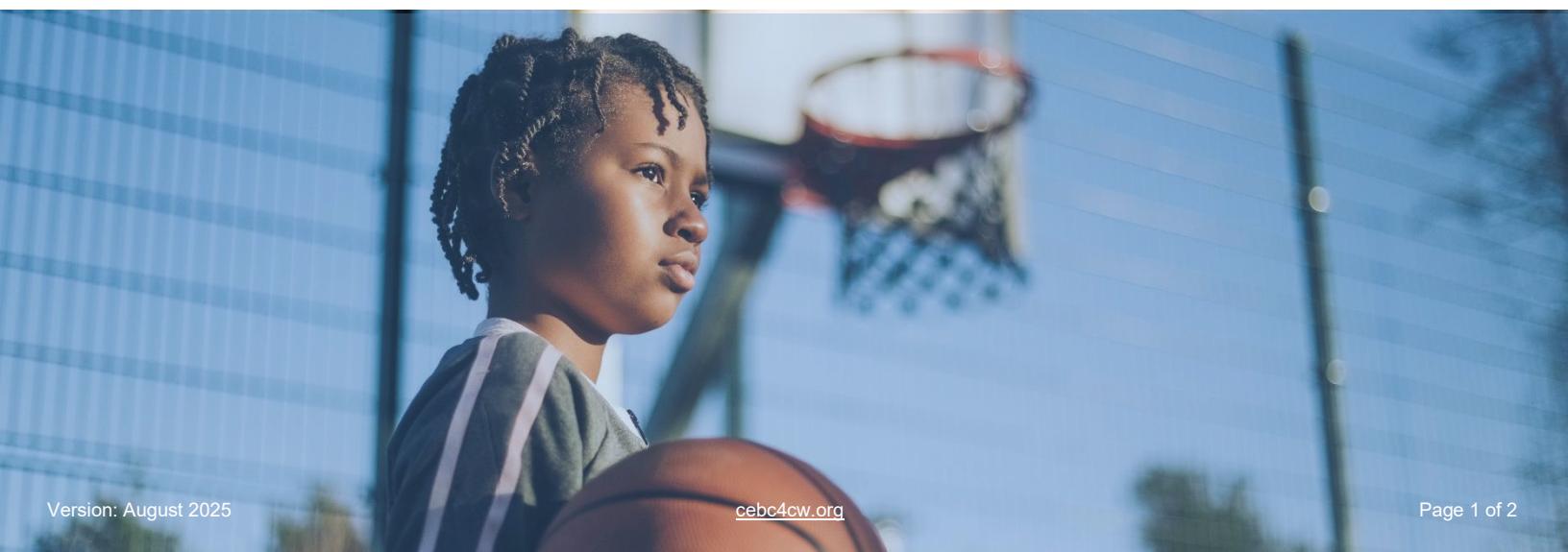
Anxiety Treatment Programs (Child & Adolescent) are defined by the CEBC as programs that treat youth with a diagnosis of an anxiety disorder, or with elevated symptoms of anxiety as demonstrated by a standardized screening or assessment tool. Common symptoms may include excessive worry and anxiety, panic, irritability, difficulty concentrating, muscle tension, restlessness, fatigue, and palpitations.

Please note that trauma-specific and posttraumatic stress disorder (PTSD) interventions are listed in the [Trauma Treatment topic area](#).

The CEBC has evaluated only replicable programs that do not use medication as an essential component of treatment. The [Pharmacological Treatments for Children and Adolescents with Mental Health Disorders](#) page has links to reputable organizations that list information on medications used to help treat children and adolescents with anxiety and other disorders.

Anxiety Treatment Programs (Child & Adolescent) topic area criteria:

- **Target population:** Youth with a diagnosis of an anxiety disorder, or with elevated symptoms of anxiety as demonstrated by a standardized screening or assessment tool
- **Services/types that fit:** Typically outpatient services, either individual or group, but occasionally family therapy or services also
- **Delivered by:** Mental health professionals
- **In order to be included in this topic area on the CEBC:** Program must specifically target anxiety as a goal
- **In order to be rated in this topic area by the CEBC:** There must be research evidence (as specified by the CEBC [Scientific Rating Scale](#)) that examines anxiety-related outcomes, such as changes in symptom levels, behaviors, and/or functioning



The table below provides a summary of the rated programs currently listed in the [Anxiety Treatment Programs \(Child & Adolescent\)](#) topic area. More detailed information can be found on the CEBC website.

Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
Coping Cat	Cognitive-behavioral treatment for children/adolescents ages 7–13 with anxiety	1	Medium
Building Confidence	Cognitive-behavioral therapy (CBT) that is provided to school-aged children ages 6–11 who demonstrate clinically significant symptoms of a range of anxiety disorders (e.g., separation anxiety disorder)	2	Medium
C.A.T. Project	A 16-session program for adolescents ages 12–18 with anxiety. It is cognitive-behavioral in nature, and provides psychoeducation and requires exposure tasks.	3	Medium
Child-Centered Group Play Therapy (CCGPT)	Developmentally responsive, group play-based mental health intervention for young children ages 3–10 who are experiencing social, emotional, behavioral, and relational disorders	3	Medium
Child-Centered Play Therapy (CCPT)	Developmentally responsive, play-based mental health intervention for young children ages 3–10 who are experiencing social, emotional, behavioral, and relational disorders	3	Medium
Cool Kids Anxiety Program - Low-Intensity Format	Designed to be conducted without any face-to-face contact between client and therapist and teaches children ages 7–12 and their parents how to better manage the child's anxiety	3	Medium
Cool Kids Anxiety Program - Therapist-Led Delivery	Can be run either individually or in groups, and is designed to teach young people ages 7–17 and their parents how to better manage the child's anxiety	3	Medium
EEG Neurofeedback (Children & Adolescents)	A type of biofeedback therapy (also known as EEG Biofeedback) that involves monitoring and regulating brain activity to improve cognitive function, emotional regulation, and overall well-being	3	High
Mindfulness-Based Cognitive Therapy for Children (MBCT-C)	Psychotherapy for anxious or depressed children ages 8–12 that combines mindfulness-based theory and practices with cognitively oriented interventions	3	Medium

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