



# Anxiety Treatment Programs (Child & Adolescent)

## Definition:

The CEBC defines **Anxiety Treatment (Child & Adolescent) Programs** 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.

## 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 – usually 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 [Scientific Rating Scale](#)) that examines anxiety-related outcomes, such as changes in symptom levels, behaviors, and/or functioning

# Programs

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

Program	Target Population	CEBC Scientific Rating	CEBC CWS Relevance Level
<a href="#">Coping Cat</a>	Children experiencing problematic levels of anxiety	1	Medium
<a href="#">Building Confidence</a>	Typically developing school-aged children diagnosed with childhood anxiety disorders (6-11 years old) and their families	2	Medium
<a href="#">C.A.T. Project</a>	Adolescents with anxiety	3	Medium
<a href="#">Child-Centered Group Play Therapy (CCGPT)</a>	Children ages 3 to 10 who are experiencing social, emotional, behavioral, and relational problems	3	Medium
<a href="#">Child-Centered Play Therapy (CCPT)</a>	Children ages 3-10 who are experiencing social, emotional, behavioral and relational problems	3	Medium
<a href="#">Cool Kids Anxiety Program – Low-Intensity Format</a>	Children and young adolescents suffering anxiety disorders who are unable to attend standard clinical practice	3	Medium
<a href="#">Cool Kids Anxiety Program – Therapist-Led Delivery</a>	Children and adolescents suffering anxiety disorders	3	Medium

# Programs

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Program	Overview	CEBC Scientific Rating	CEBC CWS Relevance Level
<a href="#">EEG Neurofeedback (Children &amp; Adolescents)</a>	Children and adolescents who have been traumatized and suffer from posttraumatic stress disorder (PTSD), symptoms of PTSD, or anxiety	3	High
<a href="#">Mindfulness-Based Cognitive Therapy for Children (MBCT-C)</a>	Children ages 8- to 12-years old with anxiety or depression; can be modified for both younger and older children	3	Medium