



Emotion Regulation in Children and Adolescents: A Practitioner's Guide

By Michael A. Southam-Gerow PhD

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Emotion regulation difficulties are central to a range of clinical problems, yet many therapies for children and adolescents lack a focus on emotion and related skills. In a flexible modular format, this much-needed book presents cutting-edge strategies for helping children and adolescents understand and manage challenging emotional experiences. Each of the eight treatment modules can be used on its own or in conjunction with other therapies, and includes user-friendly case examples, sample dialogues, and engaging activities and games. Emotion-informed assessment and case conceptualization are also addressed. Reproducible handouts can be downloaded and printed in a convenient 8 1/2" x 11" size.

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Editorial Review

Review

"The book meets a long-standing need with its thorough and clear explication of the role of emotions in evidence-based treatment. It is a gold mine of ideas. Southam-Gerow, an accomplished scientist and master cognitive-behavioral therapist, is a leader in the application of effective treatments in real-world clinical contexts. Anyone working with children who struggle with anxiety, depression, or anger will find this book eminently practical and a pleasure to read."--Bruce F. Chorpita, PhD, Department of Psychology and Department of Psychiatry and Biobehavioral Sciences, University of California, Los Angeles

"Southam-Gerow expertly weaves together theoretical principles, empirical evidence, and clinical experience. He offers clearly explained, creative ways to identify and address problematic deficits in emotion regulation processes with children and adolescents. This hands-on guide, written from a behavioral perspective and derived from a strong evidence base, fills a notable gap in the field. It will be greatly appreciated by clinical child practitioners."--Janice L. Zeman, PhD, Professor and Chair, Department of Psychology, College of William and Mary

"This volume provides an impressive integration of the science of emotion and its clinical application. The book is versatile and will be useful to psychotherapy practitioners and students alike. The modular approach--suitable for young people experiencing a range of psychological difficulties--is especially valuable. I see this book becoming a 'go-to' resource for all clinicians working with school-age children and adolescents."--Cynthia Suveg, PhD, Department of Psychology, University of Georgia

About the Author

Michael A. Southam-Gerow, PhD, is Associate Professor in the Departments of Psychology and Pediatrics at Virginia Commonwealth University (VCU), Co-director of the Anxiety Clinic at VCU's Monroe Park Campus, and Director of Graduate Studies for VCU's Department of Psychology. He is also Director of Quality and Performance at PracticeWise, LLC, a private company offering therapists and agencies training in evidence-based approaches to children's mental health care. Dr. Southam-Gerow's research focuses on the dissemination and implementation of evidence-based treatments for mental health problems in children and adolescents. He also studies treatment integrity, including therapist adherence to and competence in delivering specific treatment models. An Associate Editor of the Journal of Clinical Child and Adolescent Psychology, Dr. Southam-Gerow is the author of dozens of scholarly papers and is on multiple journal review boards.

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