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Social Anxiety and Social Phobia in Youth: Characteristics, Assessment, and Psychological Treatment (Series in Anxiety and Related Disorders)

Christopher Kearney

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A great bene?t of being a clinical child psychologist is the opportunity to conduct and review research on fascinating areas of human, youthful behavior. And perhaps no behavior is as central to human existence as social behavior, and the lack thereof. In writing this book, therefore, I have been doubly blessed with the chance to examine seminal works on behaviors that are so critical to the development and quality of life of children. This book covers the major historical aspects, characteristics, asse- ment strategies, and psychological treatment techniques for youths with social anxiety and social phobia. Chapter 1 provides an introduction to the related constructs and history of social phobia. Chapters 2 and 3 provide a summary of the characteristics and etiological variables that pertain most to youths with social anxiety and social phobia. Chapters 4 and 5 provide an overview of research- and clinically-based assessment strategies and recommendations for this population. Chapters 6–9 provide a description of treatment techniques that are most relevant and empirically supported for youths with social anxiety and social phobia. Chapter 10 covers issues regarding general and relapse prevention as well as dif?cult cases and future directions.

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