



# **When Children Refuse School: A Cognitive-Behavioral Therapy Approach Parent Workbook (Treatments That Work)**

*Christopher A. Kearney, Anne Marie Albano*

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School refusal behavior is a common and difficult problem facing parents of children and teenagers. The behavior can have severe consequences by contributing to a child's academic, social, and psychological problems. A child's absence from school can also significantly increase family conflict. If your child experiences anxiety or noncompliance about attending school and has trouble remaining in classes for an entire day, this workbook, and the corresponding Therapist Guide, can help.

This Parent Workbook is designed to help you work with a qualified therapist to resolve your child's school refusal behavior. The Workbook outlines four possible treatment procedures that may be prescribed by a therapist, depending on your child's reasons for refusing school. Scientific evidence has shown these programs to be highly effective in treating youth 5-17 years old who exhibit school refusal behavior.

Regardless of whether your child refuses school to relieve school-related distress, to avoid negative social situations at school, to receive attention from you or another family member, or to obtain tangible rewards outside of school, the flexible treatments described in this book will help you and your child overcome school refusal behavior. The Workbook describes what you can expect during your child's assessment and treatment and provides answers to questions you may have about the process. It also provides instructions for continuing certain aspects of the program at home, including relaxation and breathing techniques, as well as exposure exercises to decrease your child's anxiety. Instructions are also given for completing daily logbooks with your child to track progress, creating a morning routine to keep you both on schedule, and developing written contracts to enhance attendance and discourage nonattendance. With this user-friendly manual, you can take an active role in your child's successful return to school.

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