

# What Every Parent Should Know



Visit the following website for more information

<http://helpyourkeiki.com>

- Questions to ask your therapist
- What to expect from the treatment
- Descriptions about the best supported treatments

HOME ABOUT US MORE RESOURCES

EBS Hawaii

Help Your Keiki

COMMON PROBLEMS

WHAT WORKS

FIND HELP

ADDRESSING ANXIETY CONCERNS IN PRIMARY CARE  
A CLINICIAN'S TOOLKIT

EVIDENCE-BASED CHILD AND ADOLESCENT PSYCHIATRY (PWERS) DATABASE, available at [www.practicewise.com](http://www.practicewise.com). This is not the most current version. Please refer to the current version.

Problem Area	Level 1 - BEST SUPPORTS	Level 2 - BEST SUPPORTS
Anxious or Avoidant Behaviors	Cognitive Behavior Therapy (CBT), CBT and Medication, CBT with Parents, Education, Exposure, Modeling	Assessment, Training, CBT for Children and Family Psychoeducation, Exposure, Relaxation, Breathing
Attention and Hyperactivity Behaviors	Behavior Therapy and Medication, Self-Verbalization	Behavioral Training, Parent Management Training, Self-Verbalization, Self-Verbalization, Self-Verbalization

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