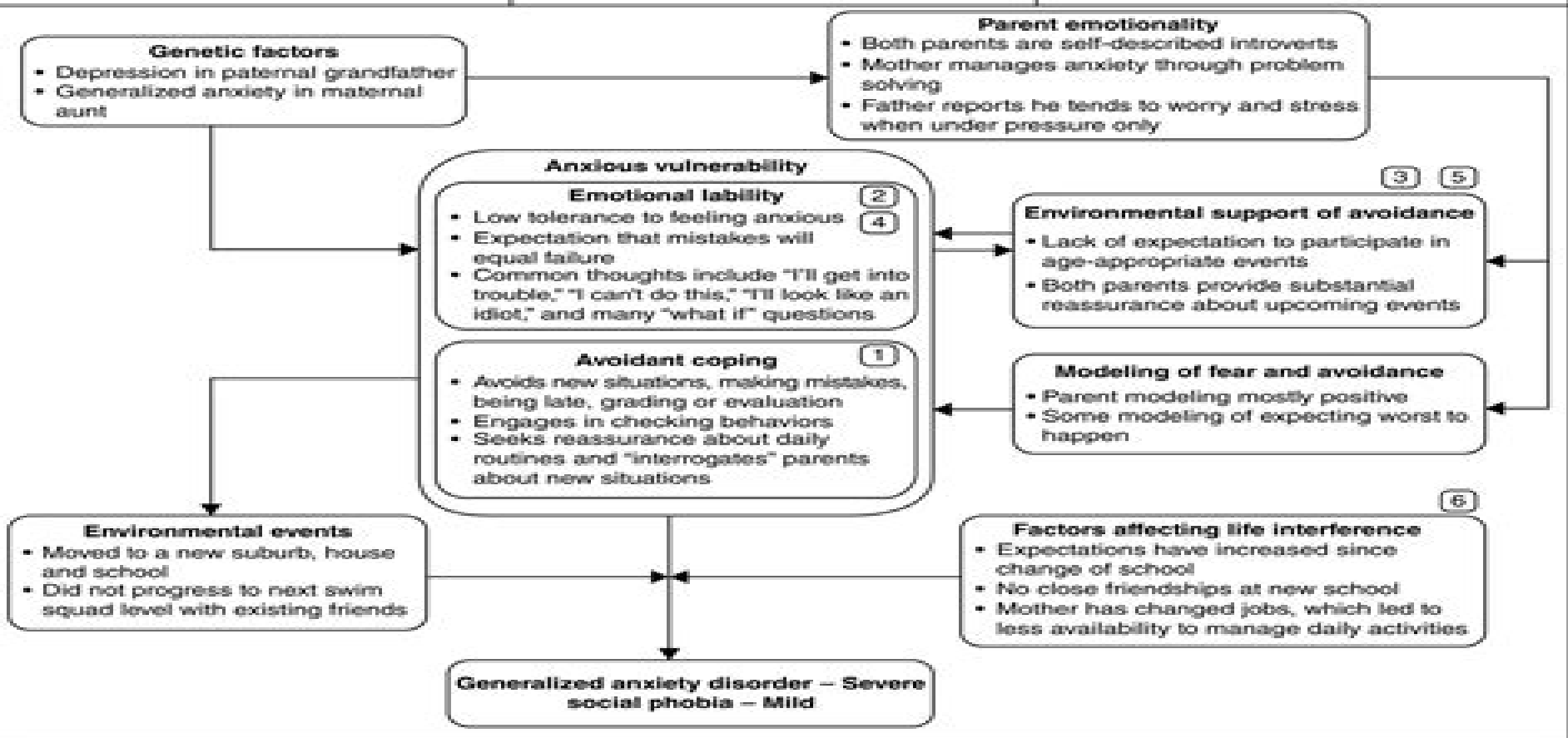


Demographics and culture • 11-year-boy lives at home with mum (47), dad (47) and sister (8) • 2nd generation Korean Australian family. Parents describe little affiliation with Korean culture although paternal family does push traditional Korean beliefs • Both parents university educated • No concerns raised re health, shelter, resources or education	Development/academics • Milestones met at appropriate times • Academic performance in middle of class (reduction from top 5 in previous school) • Social skills are age-appropriate	Comorbidity • No comorbidity identified • Some subclinical symptoms of depression
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Obstacles • Current experience with teasing at school	Strengths • Both parents and child recognize anxiety is problematic • Good access to cognitions • Family has previously coped with high stress, which was described as "raising to the occasion" • Family members speak respectfully to each other	Selected CBT techniques (in order of emphasis) 1. <i>In vivo</i> exposure (with response prevention) 2. Cognitive restructuring 3. Parent intrusiveness and overprotection 4. Emotion identification, expression and regulation 5. Parental expectations management 6. Friendship skills
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Generalized Depression Manual Guide

Theodore A. Stern



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