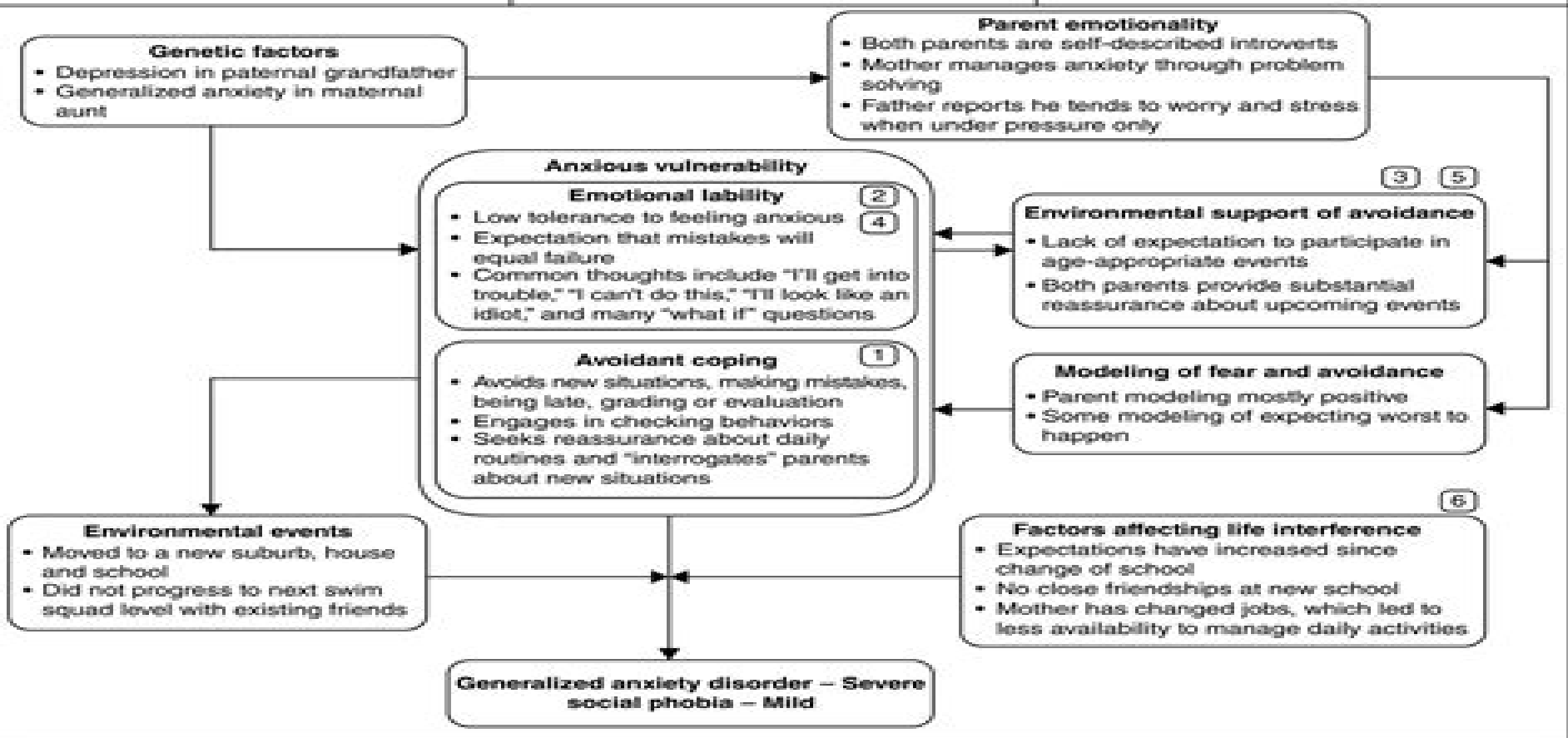


<b>Demographics and culture</b> <ul style="list-style-type: none"> <li>• 11-year-boy lives at home with mum (47), dad (47) and sister (8)</li> <li>• 2<sup>nd</sup> generation Korean Australian family. Parents describe little affiliation with Korean culture although paternal family does push traditional Korean beliefs</li> <li>• Both parents university educated</li> <li>• No concerns raised re health, shelter, resources or education</li> </ul>	<b>Development/academics</b> <ul style="list-style-type: none"> <li>• Milestones met at appropriate times</li> <li>• Academic performance in middle of class (reduction from top 5 in previous school)</li> <li>• Social skills are age-appropriate</li> </ul>	<b>Comorbidity</b> <ul style="list-style-type: none"> <li>• No comorbidity identified</li> <li>• Some subclinical symptoms of depression</li> </ul>
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<b>Obstacles</b> <ul style="list-style-type: none"> <li>• Current experience with teasing at school</li> </ul>	<b>Strengths</b> <ul style="list-style-type: none"> <li>• Both parents and child recognize anxiety is problematic</li> <li>• Good access to cognitions</li> <li>• Family has previously coped with high stress, which was described as "raising to the occasion"</li> <li>• Family members speak respectfully to each other</li> </ul>	<b>Selected CBT techniques</b> (in order of emphasis) <ol style="list-style-type: none"> <li>1. <i>In vivo</i> exposure (with response prevention)</li> <li>2. Cognitive restructuring</li> <li>3. Parent intrusiveness and overprotection</li> <li>4. Emotion identification, expression and regulation</li> <li>5. Parental expectations management</li> <li>6. Friendship skills</li> </ol>
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# Generalized Depression Manual Guide

**Robert L. Spitzer**



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