



Mayo Clinic Minute: Helping kids with anxiety through exposure therapy

Video	Audio
	<p>"One of the most common fears that we see is social anxiety disorder."</p> <p>Dr. Stephen Whiteside says it's more than just a child being shy. For instance, they may fear people are going to judge them if they make mistakes.</p>
<p><b>Stephen Whiteside, Ph.D.</b>  <b>Child and Adolescent Psychology</b>  <b>Mayo Clinic</b></p>	<p>"It makes it very hard for them to meet new kids and make friends. They're very nervous to talk in class or ask for help for when they need it. They don't want to join activities because they're just so shy and afraid that something bad is going to happen and people are going to be mean to them."</p>
	<p>If it's affecting daily life, exposure therapy may help.</p>
	<p>"And so the treatment involves helping kids learn through their own experience that what they're afraid of is not as dangerous or not as bad as they think it's going to be."</p>
	<p>He says kids will be more successful if they have someone to help them, typically a parent.</p>
	<p>"Parent-coach exposure therapy is simply working with kids and parents together to help them learn how to help the child face their fears."</p>
	<p>He says the ultimate goal is simple.</p>
	<p>"We start exposures. We help kids face their fears very early in treatment so that we can help them get better as quickly as possible."</p>
	<p>For the Mayo Clinic News Network, I'm Jason Howland.</p>