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by Donna B. Pincus. She is the author of Mastery of Anxiety and Panic for Adolescents: Riding the Wave, a therapist guide and workbook for adolescents with panic

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1. Introduction. There is a growing body of empirical literature showing that cognitive-behavior therapy for panic disorder is effective when delivered via self-help

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Donna B. Pincus, Ph.D. is an Associate Professor of Psychology at Boston University, author of Mastery of Anxiety and Panic for Adolescents: Riding the Wave and Dr. Donna Pincus, creator of The Child Anxiety Network and

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Donna B. Pincus, Ph.D. is an Associate Professor of Psychology at Boston University, author of Mastery of Anxiety and Panic for Adolescents: Riding the Wave and Panic for Adolescents Riding the Wave, Therapist

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