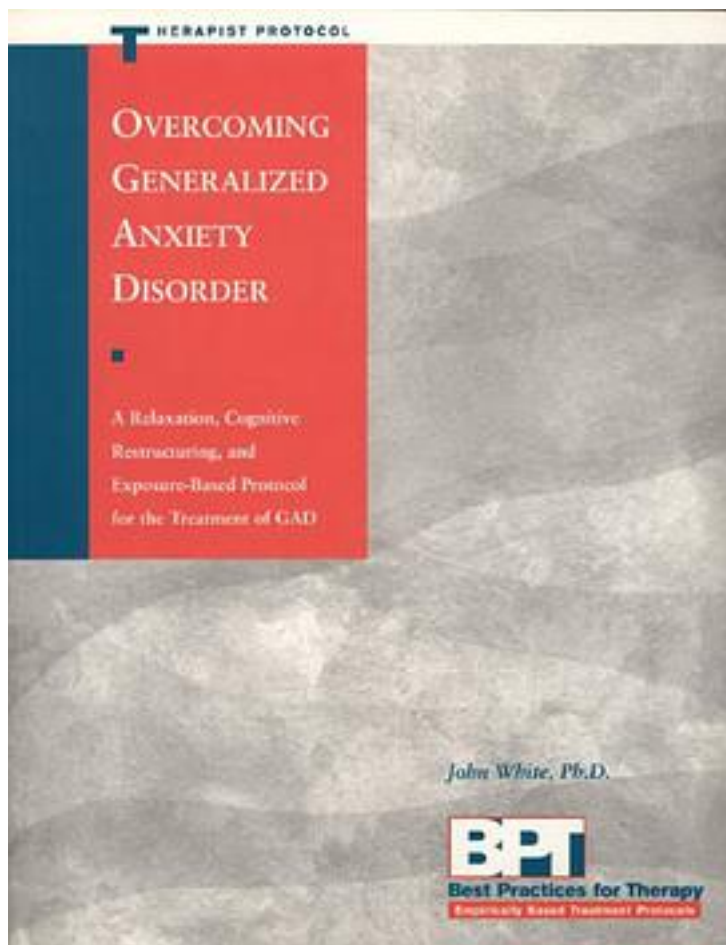


# Overcoming Generalized Anxiety Disorder



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Empirically based treatment protocols distill the results of carefully designed and replicable scientific studies into a step-by-step, session-by-session treatment plan. Effective protocols save time, increase the probability of obtaining good results, make

it easier to train and supervise new therapists, and satisfy the needs of third parties to know that the proposed treatment follows the best available practices. All of the therapist protocols in the Best Practices series share these common features: A consistent format and organizationA detailed, session-by-session treatment program that includes worksheets, homework assignments, in-session treatment exercises, and didactic materialSpecific assessment measures--both for the target disorder and for the overall treatment programA treatment plan summary for managed care requirements Each therapist protocol is accompanied by its own corresponding step-by-step client manual, containing all the education materials, worksheets, and skill-building assignments that the client will need.

作者介绍:

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