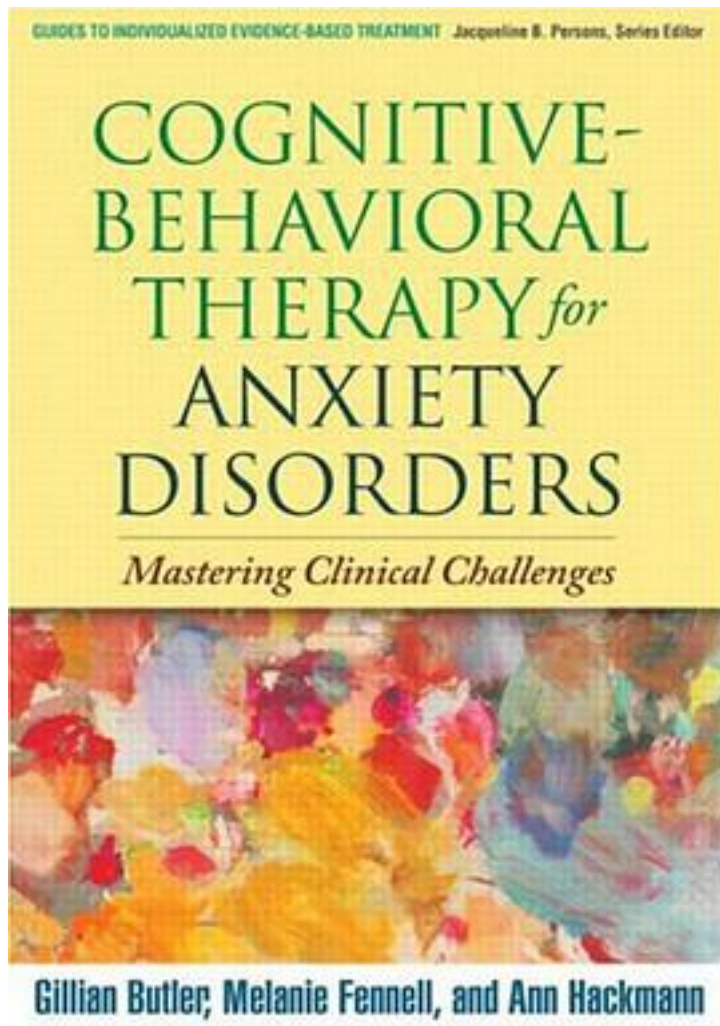


Cognitive-behavioral Therapy for Anxiety Disorders



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出版者:

出版时间:2008-9

装帧:

isbn:9781593858308

Helping therapists bring about enduring change when treating clients with any anxiety

disorder, this invaluable book combines expert guidance, in-depth exploration, and innovative clinical strategies. The authors draw on extensive experience and research to provide a framework for constructing lucid formulations of complex cases. They identify obstacles that frequently arise during the early, middle, and later stages of treatment and present a wide range of practical solutions. The volume demonstrates clear-cut yet flexible ways to enhance client engagement, foster metacognitive awareness, facilitate emotional processing, address low self-esteem and fear of uncertainty, and much more. Reproducible handouts and forms are included. The book will be useful for practitioners and students in clinical psychology, psychiatry, counselling, social work, and related mental health fields. It will also serve as a text in graduate-level seminars and clinical practica in cognitive-behavioral therapy and anxiety disorders.

作者介绍:

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