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Titolo	CBT for anxiety disorders [[electronic resource] ] : a practitioner book / / edited by Gregoris Simos and Stefan G. Hofmann
Pubbl/distr/stampa	Chichester, West Sussex, U.K., England, : Wiley-Blackwell, c2013
ISBN	1-118-33004-8 1-118-31676-2 1-299-31379-5 1-118-31678-9
Descrizione fisica	1 online resource (270 p.)
Altri autori (Persone)	SimosGregoris HofmannStefan G
Disciplina	616.85/22
Soggetti	Anxiety disorders - Treatment Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	CBT for Anxiety Disorders; Contents; List of Contributors; List of Figures, Tables, and Boxes; Introduction; 1 Panic Disorder and Agoraphobia; Overview; Cognitive Behavioral Model; Components of Cognitive Behavioral Therapy; Science of Exposure Therapy; Differential Diagnosis; Comorbidity; Efficacy; Medication Management; Adaptations for Ethnic Subgroups; Summary; References; 2 Obsessive-Compulsive Spectrum Disorders: Diagnosis, Theory, and Treatment; Phenomenology and Symptom Presentation; Obsessions; Compulsions; Obsessive-compulsive spectrum disorders; Diagnosis and Epidemiology OCD: A diagnostic quandaryPrevalence, course, comorbidity, and outcome; OC spectrum disorders: epidemiology; OCD: Cognitive theory and research; Treatment Approaches; Pharmacotherapy for OCD and OC spectrum disorders; Pharmacotherapy for OCD; Pharmacotherapy for OC spectrum disorders; Cognitive behaviour therapy for OCD and OC spectrum disorders; Conclusion and future directions; References; 3 Generalized Anxiety Disorder: Targeting Intolerance of Uncertainty;

Problems with GAD Diagnosis and Treatment; Novel Psychological Treatments for GAD; A Cognitive Model of GAD Targeting IU Intolerance of uncertainty Positive beliefs about worry; Negative problem orientation; Cognitive avoidance; Treatment efficacy research; Case Conceptualization in CBT-IU; Cognitive Behavior Therapy Targeting IU; Psychoeducation and Worry Awareness Training; Psychoeducation; Worry awareness training; Worry types; Uncertainty Recognition and Exposure; Reevaluation about the Usefulness of Worry; Identification of positive beliefs; Challenging positive beliefs about worry; Implications of worry belief change; Problem-Solving Training; Improving problem orientation  
Effective use of problem-solving skills Processing Core Fears; Conducting imaginal exposure; Relapse Prevention; Issues in GAD Diagnosis and Assessment; Comorbidity and Differential Diagnosis; Social anxiety disorder; Hypochondriasis/Health anxiety; Obsessive-compulsive disorder; Additional Clinical Considerations; Pharmacotherapy; CBT-IU with special populations; Concluding Remarks; References; 4 Social Anxiety Disorder: Treatment Targets and Strategies; Introduction; History of Cognitive Behavioral Therapy for SAD; Modern CBT for SAD; High perceived social standards Heightened self-focused attention Poorly defined social goals; Negative self-perception; Overestimation of social cost; Low perceived control over emotions; Poor perceived social skills; Safety behaviors and avoidance; Postevent rumination; Treatment Efficacy; Case Example; Treatment Plan; Treatment Strategies; Psychoeducation; Attention and situation modification; Cognitive restructuring; Exposures; Conclusion; References; 5 Specific Phobias; Diagnostic Criteria for Specific Phobia; Criterion A; Criterion B; Criterion C; Criterion D; Criterion E; Criterion F; Criterion G  
Specify types of specific phobias

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Sommario/riassunto

CBT for Anxiety Disorders presents a comprehensive overview of the latest anxiety disorder-specific treatment techniques contributed by the foremost experts in various CBT approaches. Summarizes the state-of-the-art CBT approaches for each of the DSM anxiety disorders Represents a one-stop tool for researchers, clinicians, and students on CBT for anxiety disorders Features world leading CBT authors who provide an up to date description of their respective treatment approaches in a succinct, and clinician-tailored, fashion

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