1. Record Nr. UNINA9910451809303321 Autore DiTomasso Robert A Titolo Comparative Treatment Series - Anxiety Disorders [[electronic resource]]: A Practitioner's Guide to Comparative Treatments New York, : Springer Publishing Company, 2006 Pubbl/distr/stampa **ISBN** 1-280-82333-X 9786610823338 0-8261-2111-X Descrizione fisica 1 online resource (364 p.) Disciplina 616.85 616.85/223/06 616.8522306 Soggetti Anxiety -- Treatment Anxiety Panic attacks -- Treatment Panic attacks Electronic books. Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Description based upon print version of record. Note generali Nota di contenuto Cover; Contents; Contributors; Preface; Acknowledgments; Series Editor's Note; CH 1 Anxiety Disorders: An Overview; CH 2 Clinical Case Presentation: The Case of Sandra: CH 3 Cognitive-Behavioral Treatment; CH 4 Problem-Solving Therapy; CH 5 Acceptance and Commitment Therapy; CH 6 Context-Centered Therapy; CH 7 Contextual Family Therapy: CH 8 Adlerian Therapy: CH 9 Interpersonal Psychotherapy; CH 10 Person-Centered Therapy; CH 11 Supportive-Expressive Psychotherapy; CH 12 Psychodynamic Psychotherapy; CH 13 Psychopharmacological Treatment; CH 14 Comparison of Treatment Approaches: Appendix Index Anxiety disorders are costly, common, and debilitating. This volume Sommario/riassunto

compares and contrasts various models of and treatment approaches to anxiety disorders. It includes descriptions of therapists' skills and

attributes, assessment plans, treatment goals, intervention strategies, common pitfalls and mechanisms of change.