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Titolo	Mastery of your anxiety and worry [[electronic resource]] : therapist guide // Richard E. Zinbarg, Michelle G. Craske, David H. Barlow
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Descrizione fisica	1 online resource (182 p.)
Collana	Treatments that work
Altri autori (Persone)	CraskeMichelle Genevieve <1959-> BarlowDavid H
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Soggetti	Anxiety - Treatment Worry - Treatment Stress management Self-help techniques Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
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Note generali	Accompanied by: Workbook (vii, 154 p. : ill. ; 28 cm.). Rev. ed. of: Mastery of your anxiety and worry / Michelle G. Craske. 1992.
Nota di bibliografia	Includes bibliographical references (p. 167-170).
Nota di contenuto	Introductory information for therapists -- The nature of anxiety and generalized anxiety disorder -- Outline of the treatment procedures and the basic principles underlying treatment -- The nature of generalized anxiety -- Learning to recognize your own anxiety -- The purpose and function of anxiety -- A closer look at generalized anxiety disorder -- Learning to relax -- Controlling thoughts that cause anxiety: I. overestimating the risk -- Controlling thoughts that cause anxiety: II. thinking the worst -- Getting to the heart of worrying: facing your fears -- From fears to behaviors -- Dealing with real problems: time management, goal setting, and problem solving -- Drugs for anxiety and their relation to this program -- Your accomplishments and your future -- References -- About the authors.

Sommario/riassunto

Designed to be used in conjunction with "Mastery of Your Anxiety and Worry, Workbook, 2e", this guide is useful for practicing mental health professionals who treat adult clients diagnosed with Generalised Anxiety Disorder. It lays out a 12-lesson program of procedures to help clinicians teach their clients to learn to monitor their anxiety.
