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| Autore                  | Craske Michelle Genevieve <1959->   |
| Titolo                  | Mastering your fears and phobias [[electronic resource]] : workbook // Martin M. Antony, Michelle G. Craske, David H. Barlow  |
| Pubbl/distr/stampa      | Oxford ; New York, : Oxford University Press, 2006  |
| ISBN                    | 0-19-988501-X<br>0-19-024186-1<br>1-281-37464-4<br>9786611374648<br>0-19-804076-8   |
| Edizione                | [2nd ed.]   |
| Descrizione fisica      | 1 online resource (198 p.)  |
| Collana                 | Treatments that work  |
| Altri autori (Persone)  | Antony Martin M<br>Barlow David H   |
| Disciplina              | 616.85/225  |
| Soggetti                | Phobias - Treatment<br>Fear<br>Electronic books.  |
| 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 (p. 183-186).   |
| Nota di contenuto       | Contents; Introduction to Specific Phobias and Their Treatment; Chapter 1 Is This Program Right for You? The Nature of Specific Phobias; Chapter 2 How Do Specific Phobias Develop?; Chapter 3 Learning About Your Specific Phobia; General Principles of Treatment for Specific Phobias; Chapter 4 Developing a Treatment Plan; Chapter 5 Changing Your Thoughts; Chapter 6 Getting Ready for Exposure; Chapter 7 How to Do Exposure; Strategies and Ideas for Various Specific Phobias; Chapter 8 Phobias of Blood, Needles, Doctors, and Dentists; Chapter 9 Claustrophobia; Chapter 10 Animal and Insect Phobias<br>Chapter 11 Height PhobiaChapter 12 Driving Phobias; Chapter 13 Flying Phobias; Chapter 14 Phobias of Storms, Water, Choking, and Vomiting; Recommended Reading; References; About the Authors |
| Sommario/riassunto      | 1. Introduction. PART 1: Introduction to Specific Phobias and Their Treatment. 2. Specific Phobias: Phenomenology. 3. Specific Phobias: How do They Develop?. 4. Specific Phobias: Learning About Your  |

Specific Phobia. PART 2: General Principles of Treatment for Specific Phobias. 5. Specific Phobias: Developing a Treatment Plan. 6. Specific Phobias: Changing Thoughts. 7. Specific Phobias: Preparing for Exposure. 8. Specific Phobias: Preparing for Exposure. PART 3: Strategies and Ideas for Various Specific Phobias. 9. Overcoming Blood, Injection and Injury Phobias. 10. Overcoming Claustrophobia. 1

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