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Collana	Treatments that work
Altri autori (Persone)	AntonyMartin M BarlowDavid H
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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 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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