

1. Record Nr.	UNINA9910457747403321
Autore	Stravynski Ariel <1949->
Titolo	Fearing others : the nature and treatment of social phobia // Ariel Stravynski [[electronic resource]]
Pubbl/distr/stampa	Cambridge : , : Cambridge University Press, , 2007
ISBN	1-107-16591-1 1-280-81555-8 9786610815555 0-511-27464-5 0-511-27534-X 0-511-27308-8 0-511-32134-1 0-511-61872-7 0-511-27387-8
Descrizione fisica	1 online resource (xviii, 432 pages) : digital, PDF file(s)
Disciplina	616.85/225
Soggetti	Social phobia Social phobia - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Title from publisher's bibliographic system (viewed on 05 Oct 2015).
Nota di contenuto	Social phobia : a self-protective interpersonal pattern -- The genealogy of social phobia -- Social phobia as a disorder of social anxiety -- Social phobia as a disease -- Social phobia as a hypothetical construct -- Social phobia as a consequence of brain defects -- Social phobia as a consequence of cognitive biases -- Social phobia as a consequence of inadequate social skills -- Social phobia as a consequence of individual history -- The treatments of social phobia : their nature and effects.
Sommario/riassunto	Social phobia and disruptive social anxiety are features of the lives of many thousands of people. But exactly what is social phobia? What causes it? What is its nature and what kinds of treatments can improve it? Using key concepts and methods and a substantive body of research, this book aims to answer these questions and clarify social phobia by means of critical discussions and examination of evidence. It

takes a sceptical stance towards the received view of social phobia as a species of disease caused by a deficient inner mechanism and considers an alternative construal of social phobia as a purposeful interpersonal pattern of self-overprotection from social threats. The possibility that social phobia might not actually exist in nature is also considered. *Fearing Others* will appeal to researchers, clinicians and students in clinical and health psychology and psychiatry.
