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Autore	Craske Michelle Genevieve <1959->
Titolo	Mastering your fears and phobias [[electronic resource] ] : therapist guide / / Michelle G. Craske, Martin M. Antony, David H. Barlow
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2006
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Descrizione fisica	x, 161 p
Collana	Treatments that work
Altri autori (Persone)	AntonyMartin M BarlowDavid H
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Soggetti	Phobias - Treatment Fear Electronic books.
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Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (p. 151-157).
Nota di contenuto	Introductory information for therapists -- Introduction to specific phobias and their treatment. Specific phobias : phenomenology -- How do phobias develop? -- Learning about your specific phobia -- General principles of treatment for specific phobias. Developing a treatment plan -- Changing thoughts -- Preparing for exposure -- Specifics of exposure -- Strategies and ideas for various specific phobias. General issues relating to chapters 8 through 14 of the workbook -- Overcoming phobias of blood, needles, doctors and dentists -- Overcoming claustrophobia -- Overcoming animal and insect phobias -- Overcoming height phobias -- Overcoming driving phobias -- Overcoming flying phobias -- Overcoming phobias of storms, water, choking, and vomiting.
Sommario/riassunto	Written by renowned researchers, this Therapist Guide provides all the information needed to help clients ease their anxiety and conquer their fears. Whether they are afraid of dentists, dogs, or driving, therapists can teach clients the necessary skills to overcome their phobia in as little as a few weeks. The strategies outlined include exposure exercises and cognitive restructuring techniques.