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Titolo	Group cognitive-behavioral therapy of anxiety [[electronic resource]] : a transdiagnostic treatment manual // Peter J. Norton
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ISBN	1-4625-0576-7 1-280-48411-X 9786613579096 1-4625-0486-8
Descrizione fisica	1 online resource (233 p.)
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Soggetti	Anxiety disorders - Treatment Cognitive therapy Group psychotherapy
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Machine generated contents note: Introduction1. Anxiety Disorders and the Transdiagnostic Perspective2. Cognitive-Behavioral Therapy within a Transdiagnostic Framework3. Getting Ready for Treatment: Assessing the Client4. Session 1: Introduction and Education5. Session 2: More on Anxiety and the Importance of Thoughts6. Session 3: Challenging Anxious Thoughts7. Prior to Session 4: Planning to Confront the Fears8. Sessions 4 through 9: Exposure9. Session 10: Getting Back to Thoughts10. Session 11: Softening Negative Affective Styles11. Session 12: Relapse Prevention and Moving Forward12. After Treatment: Assessing Improvement and Moving Forward.
Sommario/riassunto	"Cognitive-behavioral therapy is highly effective in the treatment of anxiety disorders, regardless of the specific type of fear that is causing difficulties. This practical, hands-on clinical resource presents a proven group treatment protocol for patients with any anxiety diagnosis. Step-by-step guidelines are provided for setting up transdiagnostic groups, using comprehensive assessment to plan and monitor treatment, and implementing carefully sequenced cognitive and behavioral techniques. Clinical examples illustrate the nuts and bolts of intervention across

different anxiety disorder presentations. Special features include 19 reproducible handouts and forms that can be downloaded and printed in a convenient 8 1/2" x 11" size. Subject Areas/Keywords: anxiety disorders, CBT, cognitive therapy, cognitive-behavioral therapy, group therapy, groups, interventions, psychotherapy, transdiagnostic, treatment manuals Audience: Mental health professionals who work with groups, including clinical psychologists, social workers, counselors, and psychiatrists"--
