

1. Record Nr.	UNINA9910785977603321
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Titolo	Counselling for anxiety problems [[electronic resource]. /] / Diana Sanders and Frank Wills
Pubbl/distr/stampa	London, : SAGE, c2003
ISBN	1-4462-2527-5 9786610370092 1-4129-3336-6 1-280-37009-2 0-7619-6574-2
Edizione	[2nd ed.]
Descrizione fisica	1 online resource (xvi, 248 p.) : ill
Collana	Counselling in practice
Altri autori (Persone)	WillsFrank HallamRichard S
Disciplina	616.852230651
Soggetti	Anxiety - Patients - Counseling of Anxiety - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	First ed.: Counselling for anxiety problems / Richard S. Hallam, published in 1992.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Contents; List of figures and tables; Preface; Acknowledgements; Chapter 1 - Introduction; Chapter 2 - Conceptualising Anxiety; Chapter 3 - Cognitive Approaches to Counselling for Anxiety; Chapter 4 - The Therapeutic Relationship in; Chapter 5 - Assessment of Anxiety Problems; Chapter 6 - Methods and Techniques; Chapter 7 - Panic Attacks, Panic Disorder and Agoraphobia; Chapter 8 - General Anxiety and Worry; Chapter 9 - Specific Phobias; Chapter 10 - Social Anxiety; Chapter 11 - Health Anxiety; Chapter 12 - Obsessive Compulsive Disorder; Appendix: books and Self-Help Organisations ReferencesIndex
Sommario/riassunto	This title presents accessible and up-to-date guidelines on the most effective ways of helping clients with anxiety problems.