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| 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. |