

1. Record Nr.	UNINA9910791788203321
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Titolo	Managing social anxiety [[electronic resource]] : a cognitive-behavioral therapy approach : therapist guide / / Debra A. Hope, Richard G. Heimberg, Cynthia L. Turk
Pubbl/distr/stampa	Oxford, : Oxford University Press, 2006
ISBN	0-19-976051-9
Descrizione fisica	1 online resource (xii, 188 p.)
Collana	Treatments that work Managing social anxiety Treatments that work
Altri autori (Persone)	HeimbergRichard G TurkCynthia L
Disciplina	616.852206
Soggetti	Anxiety - Treatment Anxiety - Social aspects Cognitive therapy Phobic Disorders - therapy Shyness Cognitive Therapy - methods Investigative Techniques Anxiety Disorders Behavior Therapy Social Behavior Mental Disorders Behavior Psychotherapy Behavioral Disciplines and Activities Psychology Behavior and Behavior Mechanisms Phobic Disorders Cognitive Therapy Methods Psychiatry Health & Biological Sciences Psychiatric Disorders, Individual Electronic books.
Lingua di pubblicazione	Inglese

Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	<p>Introduction and treatment considerations -- Supplemental information on social anxiety -- Assessment -- Overview of the course of treatment -- Psychoeducation, part 1 : background on social anxiety -- Psychoeducation, part 2 : understanding the nature of social anxiety -- Psychoeducation, part 3 : etiology and treatment rationale -- Psychoeducation, part 4 : fear and avoidance hierarchy and self-monitoring -- Cognitive restructuring, part 1 : identifying automatic thoughts -- Cognitive restructuring, part 2 : challenging automatic thoughts -- Exposure and cognitive restructuring, part 1 : first exposure -- Exposure and cognitive restructuring, part 2 : ongoing exposure -- Exposure and cognitive restructuring, part 3 : observational fears (optional) -- Exposure and cognitive restructuring, part 4 : conversation fears (optional) -- Exposure and cognitive restructuring, part 5 : public speaking fears (optional) -- Advanced cognitive restructuring -- Termination.</p>
Sommario/riassunto	<p>This title is for practicing mental health professionals who treat adult clients diagnosed with Social Anxiety Disorder and/or Specific Social Phobias. It lays out a cognitive-behavioral treatment programme to help clinicians teach their clients to learn to monitor their anxiety.</p>