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| 1. Record Nr.           | UNINA9910791788203321  |
| Autore                  | Hope Debra A   |
| 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<br>Treatments that work   |
| Altri autori (Persone)  | HeimbergRichard G<br>TurkCynthia L   |
| Disciplina              | 616.852206   |
| Soggetti                | Anxiety - Treatment<br>Anxiety - Social aspects<br>Cognitive therapy<br>Phobic Disorders - therapy<br>Shyness<br>Cognitive Therapy - methods<br>Investigative Techniques<br>Anxiety Disorders<br>Behavior Therapy<br>Social Behavior<br>Mental Disorders<br>Behavior<br>Psychotherapy<br>Behavioral Disciplines and Activities<br>Psychology<br>Behavior and Behavior Mechanisms<br>Phobic Disorders<br>Cognitive Therapy<br>Methods<br>Psychiatry<br>Health & Biological Sciences<br>Psychiatric Disorders, Individual<br>Electronic books. |
| Lingua di pubblicazione | Inglese  |

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| Formato               | Materiale a stampa   |
| Livello bibliografico | Monografia   |
| Note generali         | Formerly CIP.  |
| Nota di bibliografia  | Includes bibliographical references and index.   |
| Nota di contenuto     | 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. |
| Sommario/riassunto    | 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.   |