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Titolo	The CBT art workbook for coping with anxiety // Jennifer Guest
Pubbl/distr/stampa	London ; ; Philadelphia : , : Jessica Kingsley Publishers, , 2019
ISBN	1-78775-013-2
Descrizione fisica	1 online resource (178 pages)
Collana	CBT Art Workbooks for Mental and Emotional Wellbeing Series
Disciplina	616.891425
Soggetti	Anxiety - Alternative treatment Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Intro; The CBT Art Workbook for Coping with Anxiety; Contents; About This Book; Introduction; What Is Anxiety?; What Is CBT?; Observations; Cognitions; Emotions; Physiology; Behaviours; Different Types of Anxiety; Relaxation; Taking Control; References; Blank Page.
Sommario/riassunto	Using the principles of CBT, these 150 information pages and worksheets help adults to understand and manage symptoms of anxiety. The activities follow the framework of a typical CBT course: how it works, looking at the nature of the anxiety, linking thoughts, feelings, behaviour and physiology cycles, exploring different levels of thinking and beliefs, and identifying goals and future planning. Suitable for adults in individual or group work, this is an excellent resource to use as a standalone resource or in conjunction with professional therapy to deal with anxiety.