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Titolo	Mastery of anxiety and panic for adolescents [[electronic resource] ] : riding the wave : therapist guide // Donna B. Pincus, Jill T. Ehrenreich, Sara G. Mattis
Pubbl/distr/stampa	Oxford ; ; New York, : Oxford University Press, 2008
ISBN	0-19-971471-1 9786611374822 1-281-37482-2 0-19-023037-1 0-19-045058-4
Descrizione fisica	x, 156 p. : ill
Collana	Treatments that work
Altri autori (Persone)	EhrenreichJill T MattisSara Golden <1968->
Disciplina	616.85/223
Soggetti	Panic disorders - Treatment Anxiety disorders - Treatment Cognitive therapy for teenagers
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references (p. [151]-154).
Nota di contenuto	Introductory information for therapists -- Assessment -- Involving parents -- Session 1: introduction to treatment and the three component model -- Session 2: physiology of panic and breathing awareness -- Session 3: cognitive component of anxiety: probability overestimation and catastrophic thinking -- Session 4: cognitive restructuring (thinking like a detective) -- Session 5: interoceptive exposure (not letting how we feel scare us) -- Session 6: introduction to situational exposure -- Session 7: safety behaviors and exposures -- Sessions 8-10: exposure sessions -- Session 11: relapse prevention and therapy termination -- Adaptation.