

1. Record Nr.	UNINA9910798158103321
Autore	Otto Michael W.
Titolo	Stopping anxiety medication : therapist guide // Michael W. Otto, Mark H. Pollack
Pubbl/distr/stampa	Oxford, [England] ; ; New York, New York : , : Oxford University Press, , 2009 ©2009
ISBN	0-19-024198-5 0-19-971352-9
Edizione	[Second edition.]
Descrizione fisica	1 online resource (189 p.)
Collana	Treatments That Work
Disciplina	616.85/22306
Soggetti	Panic disorders - Treatment Benzodiazepines Drugs - Dosage - Reduction Tranquilizing drugs
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Contents; Chapter 1 Introductory Information for Therapists; Chapter 2 The Taper Schedule; Chapter 3 Session 1; Chapter 4 Session 2; Chapter 5 Session 3; Chapter 6 Session 4; Chapter 7 Session 5; Chapter 8 Session 6; Chapter 9 Session 7; Chapter 10 Session 8; Chapter 11 Booster Sessions: Sessions 9-11; Appendix A: Response to Relaxation-Induced Anxiety; Appendix B: Responses to Anxiety Attacks Induced by Interoceptive Exposure; References; About the Authors
Sommario/riassunto	This guide outlines a treatment programme for individuals who have difficulties with anxiety and panic to discontinue using medication, specifically benzodiazepines otherwise known as minor tranquilizers. These medications can be habit-forming and individuals may have trouble reducing their dosage. Many people wish to taper their use of these medicines for various reasons including a planned pregnancy, personal preference, bothersome side effects. Using the programme in this therapist guide, clients are provided with the tools and knowledge to stop their anxiety medication successfully.

