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Titolo	CBT for appearance anxiety : psychosocial interventions for anxiety due to visible difference // Alex Clarke [and four others]
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ISBN	1-118-52341-5 1-118-52338-5 1-118-52339-3
Descrizione fisica	1 online resource (xvii, 310 pages : illustrations)
Disciplina	616.85220651
Soggetti	Anxiety disorders - Treatment Body image - Psychological aspects Cognitive therapy Disfigured persons - Psychology
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	ebrary Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Background, Clinical Problems, Common Presentation and Treatment Considerations -- A Stepped-Care Approach to Psychosocial Intervention -- Models and Frameworks: Expanding the Conceptual Approach to Managing Appearance-Related Distress -- Clinical Assessment -- Social Skills and Coping Strategies -- Cognitive Behavioural Therapy -- Planning Treatment and Sessional Guides -- The Emerging Adult: Facilitating Transition from Child to Adult Service -- Psychological Assessment for Cosmetic Surgery -- Models of Service Delivery
Sommario/riassunto	This clinical manual provides a CBT-based psychosocial intervention for use with individuals distressed about their appearance due to a disfigurement from birth, accident or illness, or those coping with another visible difference. Contains a wealth of case material with specific relevance to physical health conditions that affect appearance, practical advice on assessment, and session-by-session guidance for addressing common issues. Written by leading academics and clinicians

working in the management of disfigurement and rational appearance anxiety. Uses a flexible stepped-care model that allows for use by experienced CBT practitioners as well those wishing to deliver a more basic psychological intervention. Identifies the psychological factors involved in appearance anxiety while also addressing the practical concerns of living with a visible difference, such as managing the reactions of others. -- Publisher

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