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Altri autori (Persone)	AntonyMartin M BarlowDavid H
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Sommario/riassunto	1. Introduction. PART 1: Introduction to Specific Phobias and Their Treatment. 2. Specific Phobias: Phenomenology. 3. Specific Phobias: How do They Develop?. 4. Specific Phobias: Learning About Your Specific Phobia. PART 2: General Principles of Treatment for Specific

Phobias. 5. Specific Phobias: Developing a Treatment Plan. 6. Specific Phobias: Changing Thoughts. 7. Specific Phobias: Preparing for Exposure. 8. Specific Phobias: Preparing for Exposure. PART 3: Strategies and Ideas for Various Specific Phobias. 9. Overcoming Blood, Injection and Injury Phobias. 10. Overcoming Claustrophobia. 1

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