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Chapter 6: Exposure Therapy with Adult Survivors of Childhood Sexual Abuse; Theoretical Explanations of the Response to CSA; Exposure Therapy with CSA Survivors; Outcome Research; Special Considerations for CSA Survivors; Summary and Conclusions; References; Chapter 7: Issues in Conducting Exposure Therapy to Treat Combat Veterans' PTSD; Selection and Timing of Exposure as the Treatment of Choice; Treatment Implementation; Conclusion; References; Chapter 8: Exposure Therapy for Obsessive-Compulsive Disorder; From Theory to Therapy; Implementation of Exposure-Based Therapy for OCD; Types of Imaginal Exposure; Habituation of Anxiety During Exposure; Procedural Variations; Delivering ERP; Using Cognitive Techniques During Exposure Therapy; Mechanisms of Action; The Efficacy of ERP; Predictors of Treatment Outcome; Combining Medications with Exposure Therapy for OCD; Case Description; Clinical Case Conceptualization; Treatment Implementation; Assessment; Results; Discussion; Summary and Conclusions; References; Chapter 9: Cognitive-Behavior Therapy and the Treatment of Childhood Obsessive-Compulsive Disorder; Case Study: Suzie; References; Chapter 10: Exposure Treatments for Panic Disorder with and without Agoraphobia; Interoceptive Exposure; In vivo Exposure; Panic Control Treatment; Cognitive Therapy; Treatment Efficacy; Combined Cognitive-Behavioral and Psychopharmacological Interventions; In vivo Exposure for Agoraphobia; Group Dismantling Studies for Panic Control Treatment; Barriers to Effective Exposure Therapy; Case study; Summary and Conclusions; References; Chapter 11: Exposure Therapy for Phobias; Specific Phobia and Exposure-Based Treatment: Overview; Spider Phobia; Blood-Injection-Injury (BII) Phobia; Claustrophobia; Flying Phobia

Sommario/riassunto

Exposure Therapy refers to any clinical intervention in which a client directly confronts a source of fear. Since high levels of anxiety can not be maintained indefinitely, repeated exposure leads to decreased anxiety. This type of treatment is effective with phobias, post traumatic stress disorder, obsessive compulsive disorders, panic, generalized anxiety, and several other disorders. It's also been found to be effective in helping to treat substance abuse. Although exposure-based treatments have been extensively researched and reported in the literature, there is no single comprehensive tre
