

1. Record Nr.	UNINA9910830366503321
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Titolo	CBT for Appearance Anxiety - Psychosocial Interventions for Anxiety due to Visible Difference
Pubbl/distr/stampa	Wiley-Blackwell
Descrizione fisica	1 online resource (318 p.) : ill
Disciplina	616.85/22
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	This clinical manual provides a stepped-care CBT-based psychosocial intervention for use with individuals anxious about their appearance due to a disfigurement or another visible difference. It describes a detailed clinical intervention that includes practical advice on assessment and session-by-session guidance for addressing common issues.