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Nota di contenuto	Chapter 1. Neuroendocrine factors in anxiety -- Chapter 2. Fear, Anxiety and their meaning for our life from psychodynamic point of view Chapter 3. Exposure therapy of fear of public speaking and the use of virtual reality -- Chapter 4. Attention biases in social anxiety – considerations for conceptualization and treatment -- Chapter 5. The role of breathing in anxiety -- Chapter 6. Psychodynamic Treatment of Social Anxiety -- Chapter 7. A theoretical Digression: Panic Focused Psychodynamic Psychotherapy -- Chapter 8. Case study of a 33 year-old patient with a panic disorder, (ICD-10 F 41.0) from Psychodynamic

point of view -- Chapter 9. Case conceptualization and treatment of Anxiety from an ACT perspective -- Chapter 10. Treatment of a Borderline Personality Disorder patient with anxiety -- Chapter 11. Pharmacotherapy of anxiety disorders.

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## Sommario/riassunto

The volume aims to instigate a dialog between the psychoanalytic and the cognitive-behavioral tradition on conceptualization and treatment of anxiety disorders and related conditions through contributions of respective experts. It presents current findings, and current theories and conceptualizations with regards to the mechanisms of etiology and maintenance of anxiety and related conditions, as well as innovative, new or experimental approaches to treatment that target core difficulties found in patients with anxiety. The book integrates basic research with conceptualization and treatment, while giving space for multiple perspectives to treatment, both psychotherapeutic and pharmacological, to be described. Chapters include a) conceptualization and treatment of anxiety and panic from psychodynamic perspectives, b) 2nd wave CBT treatment and the use of virtual reality, c) 3rd wave (ACT) perspectives, and d) neuroendocrine factors, and e) pharmacotherapy perspectives. Different theoretical approaches are presented highlighting the strengths and the evidence in favour of each approach, without promoting any specific perspective, but with an effort to highlight common underlying themes like safety behaviors and avoidance, social support, and role of learning history. In this way the book will present a combination of theory, science and practice aiming to be an excellent resource for researchers, clinicians and students of mental health professions. .

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