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Titolo	Exposure treatments for anxiety disorders : a practitioner's guide to concepts, methods, and evidence-based practice // Johan Rosqvist
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Edizione	[1st ed.]
Descrizione fisica	1 online resource (xviii, 255 p. ) : ill
Collana	Practical clinical guidebooks series
Disciplina	616.85/2206
Soggetti	Anxiety - Treatment Behavior therapy Cognitive therapy
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Anxiety phenomenon -- Description of the behavioral treatment strategy -- Research basis of the phenomenon and its treatment -- Clinical cases -- Complicating factors in anxiety treatment -- Maintenance and follow-up strategies -- Professional and public persona.
Sommario/riassunto	Johan Rosqvist draws together the latest research in the rapidly expanding field of anxiety disorder & illuminates how to apply the methodology of behavioural therapy techniques to the various situations that confront the mental health professional.