



Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach (Treatments That Work)

Debra A. Hope, Richard G. Heimberg, Cynthia L. Turk

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Social Anxiety Disorder (SAD) is common and often underdiagnosed. It can interfere with school or work, and may cause difficulty with close relationships. In repeated trials, cognitive-behavioral therapy has proven the most effective treatment for this disorder.

Written by the developers of an empirically supported and effective CBT program for treating Social Anxiety Disorder, this guide includes all the information and materials necessary to implement successful treatment. The therapeutic technique described in this book is research-based with a proven success rate, and can be used with those clients currently taking medication, as well as those who aren't.

Using a model that focuses on how social anxiety is maintained rather than how it develops, the renowned authors provide clinicians with step-by-step instructions for teaching their clients important skills that have been scientifically tested and shown to be effective in treating Social Anxiety Disorder. Designed to be used in conjunction with its corresponding workbook, the therapist guide focuses on using cognitive restructuring techniques to help break the cycle of anxiety. When used together, both books form a complete treatment package that can be used successfully by informed practicing mental health professionals. Complete with session outlines, key concepts, case vignettes and strategies for dealing with problems, this user-friendly guide is a dependable resource that no clinician can do without!

TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions!

- All programs have been rigorously tested in clinical trials and are backed by years of research
- A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date
- Our books are reliable and effective and make it easy for you to provide your clients with the best care available
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Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach (Treatments That Work) can be one of your beginner books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort to place every word into enjoyment arrangement in writing Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach (Treatments That Work) however doesn't forget the main place, giving the reader the hottest along with based confirm resource details that maybe you can be among it. This great information may drawn you into brand-new stage of crucial thinking.

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