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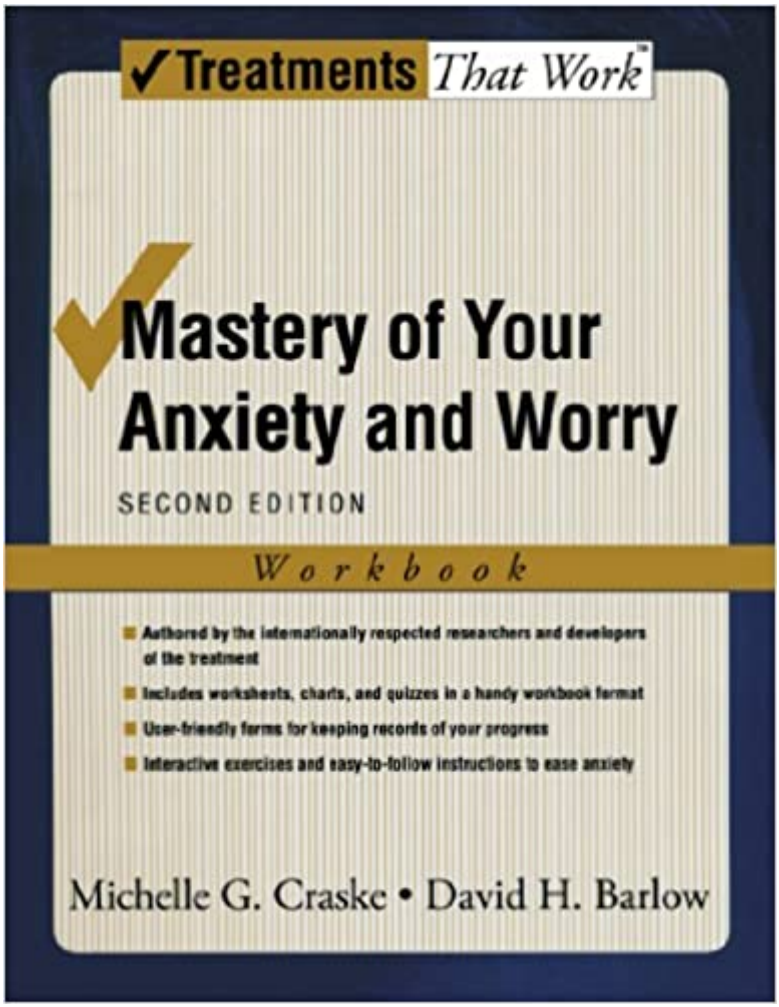
Mastery Of Your Anxiety And Worry: Workbook (Treatments That Work)



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Synopsis

Individuals who suffer from Generalized Anxiety Disorder know that it can be extremely impairing, causing chronic tension, fatigue, irritability and difficulties sleeping. The most effective treatment for this disorder is a program based on principles of congnitive-behavioral therapy.Written by the developers of an empirically supported and effective CBT therapy program for treating GAD, this workbook includes all the information necessary for a client to learn the appropriate skills to combat their excessive worry. When used in conjunction with the corresponding therapist guide, this book provides a complete treatment package with a proven success rate.Through the use of this workbook, clients will become active participants in their supervised treatment. This revised edition includes new elements such as a listing of goals for each session chapter, as well as more detailed lists of homework assignments. Mastery of Your Anxiety and Worry, Workbook, 2e is a one-of-a-kind resource that allows clients to work alongside their therapist to personalize their treatment strategy and overcome their GAD.TreatmentsThatWorkTM represents the gold standard of behavioral healthcare interventions!Ã Â All programs have been rigorously tested in clinical trials and are backed by years of researchÃ Â 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 dateÃ Â Our books are reliable and effective and make it easy for you to provide your clients with the best care availableÃ Â Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivatedÃ Â A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resourcesÃ Â Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Book Information

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Customer Reviews

"This is one of the best client workbooks for generalized anxiety disorder in quite some time. Strongly recommended!"--Doody's

Michelle G. Craske received her PhD from the University of British Columbia in 1985 and has published over 100 articles and chapters in the areas of anxiety disorders and fear. She recently completed an advanced level text, Anxiety Disorders: Psychological Approaches to Theory and Treatment. Currently, she is professor of psychology in the department of psychology at the University of California, Los Angeles, and director of the UCLA Anxiety Disorders Behavioral Research Program. She continues to serve on the DSM-IV Anxiety Disorders Workgroup Subcommittee, which is charged with revising the text that accompanies the diagnostic criteria; is a consultant to various national organizations in their efforts to develop and disseminate practice guidelines for panic disorder and other anxiety disorders; and has been awarded NIMH/NIH funds for the study of anxiety disorders. Her research focuses on furthering the understanding of fear and anxiety and in developing more effective treatments for the anxiety disorders. David H. Barlow received his Ph.D. from the University of Vermont in 1969 and has published over 400 articles and chapters and over 20 books. His major interests over the past 30 years has been the study of anxiety and its disorders, and developing new psychological procedures for practice settings. Prior to his current position as Professor and Director of the Center for Anxiety and Related Disorders and Director of Clinical Psychology Programs at Boston University, he founded clinical psychology internships at Brown University and the University of Mississippi Medical Center. He is the recipient of the 2000 American Psychological Association (APA) Distinguished Scientific Award for the Applications of Psychology. Other awards include the Career Contribution Awards from the Massachusetts and California Psychological Associations, and a MERIT award from the National Institute of Mental Health for long-term contributions to the clinical research effort. During the 1997/1998 academic year, he was Fritz Redlich Fellow at the Center for Advanced Study in Behavioral Sciences in Palo Alto, California. He is Past-President of the Society of Clinical

Psychology of the American Psychological Association, and the Association for the Advancement of Behavior Therapy. He was also Chair of the American Psychological Association Task Force of Psychological Intervention Guidelines, a member of the DSM-IV Task Force of the American Psychiatric Association, and was Co-Chair of the Work Group for revising the anxiety disorders categories.

The info is good, but format and look is so dull and clinical looking....they should really make it more pleasant to read...i gave it away

I found this book to be surprisingly effective!!! It trains you to "sit with your anxiety" instead of running away from it. The more you seem to "stew" in your anxiety, the easier it gets to accept it and move on with your life.

I generally like this book but only if you work with a therapist. By doing that it has greatly helped with my anxiety. I recommend for anyone seeking help.

As a cognitive-behavioral therapist, I have used this workbook with several patients and highly recommend it to anyone who suffers from generalized anxiety disorder. The techniques presented within it are effective for up to 70% of social anxiety suffers and I can personal it attest that they have proven highly effective for all of my patients who have used it. Although best used in the course of treatment with a cognitive-behavioral therapist, individuals can effectively employ the techniques presented on their own. Techniques presented include: Challenging Dysfunctional Thoughts (specifically overestimating the probability that bad things will happen and underestimating your ability to cope), Physiological Relaxation (including progressive muscle relaxation), and imagery exposure (facing fears / worry through visual imagery in order to break the cycle of verbal worry and avoidance). This treatment program does require work and persistence, but the can have tremendous payoffs if followed.(The reviewer was compensated for posting this review. However, the opinion stated in the review is that of the reviewer and the reviewer alone. Further, the reviewer independently selected this product to review and has no affiliation with the product maker/distributor, or the review requester.)

I really like this book because of its content and structure. It’s very easy to implement with clients and I am not giving it a five because I want to wait to see if my clients are able to utilize the skills

and if their anxiety decrease.

Excellent book

I love !! They have everything!

If your willing to do the work thats in this book you could change the way you see the world around you by changing your thoughts, I have panic disorder and agoraphobia and gad, this book has helped some! Another great book is " The Anxiety & Phobia Workbook" which also contains some techniques in dealing with anxiety!

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