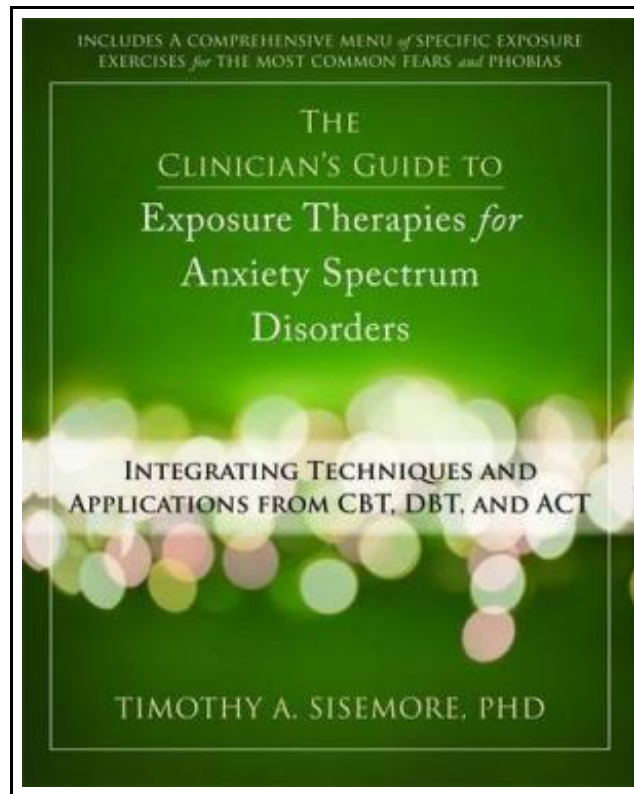


Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders: Integrating Techniques and Applications from CBT, DBT, and ACT



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Reviews

An incredibly wonderful ebook with perfect and lucid explanations. I really could comprehend every little thing using this written e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders: Integrating Techniques and Applications from CBT, DBT, and ACT, Timothy A. Sisemore, Exposure therapy has amassed a significant body of research and is widely appreciated as one of the most effective therapeutic treatments for anxiety spectrum disorders. Nevertheless, therapists often neglect to maximize this technique because they are hesitant to suggest exposure exercises to anxious clients who may be resistant to facing their fears. The Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders offers the solution-an organized manual of specific exposure strategies for the most common fears and phobias. It includes strategies for increasing clients' willingness to participate in exposure therapy and incorporates the most effective therapy exercises from cognitive behavioural therapy, acceptance and commitment therapy, dialectical behaviour therapy, and other modalities. It provides reproducible forms therapists can use to help clients make hierarchies of exposure. Along with exposure strategies, the book features guidance on using exposure therapy in general, including special sections on prolonged exposure therapy for post-traumatic stress disorder.

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