

Mastery of Your Specific Phobia

Therapist *Guide*

Michelle G. Craske

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therapistworks

Mastery Of Your Specific Phobia Therapist Guide

Therapyworks

David H. Barlow,Michelle G. Craske

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Mastery of Your Specific Phobia Michelle G. Craske, Martin M. Antony, David H. Barlow, 1997 *Mastery of Your Specific Phobia* is an empirically supported cognitive behavioral treatment program designed for patients diagnosed with a specific phobia according to DSM IV criteria. The program describes treatment strategies for a variety of specific phobias including animal phobias, natural environment phobias, situational phobias, blood, injection or injury phobias and other phobias. The Therapist Guide presents information on the development and efficacy of cognitive behavioral treatment for specific phobias and guides the clinician through a session by session treatment program. Detailed therapeutic interventions are described to help clients manage fear and anxiety including objective self monitoring techniques, systematic desensitization and cognitive restructuring. Interoceptive and in vivo exposure exercises are presented to help clients overcome phobic avoidance.

Handbook of Exposure Therapies David C.S. Richard, Dean Lauterbach, 2011-10-11 *Exposure Therapy* refers to any clinical intervention in which a client directly confronts a source of fear. Since high levels of anxiety can not be maintained indefinitely, repeated exposure leads to decreased anxiety. This type of treatment is effective with phobias, post-traumatic stress disorder, obsessive-compulsive disorders, panic, generalized anxiety, and several other disorders. It's also been found to be effective in helping to treat substance abuse. Although exposure-based treatments have been extensively researched and reported in the literature, there is no single comprehensive treatment of exposure therapies. Writings tend to be limited to larger pieces on treating specific disorders or types of patients. A comprehensive book on the use of these treatments across patient disorders will be of great use to practitioners. The book is divided into three sections: Foundation, Applications, and Issues. Foundation chapters consider theoretical and assessment issues. Applications chapters will discuss research literature on each disorder having been proven to be successfully treated with exposure therapy. Issue chapters will discuss liability issues, false memory syndrome, and the use of computers and virtual reality in exposure therapy. Covers the broad range of exposure therapies in one comprehensive source. Provides an integrated look at exposure therapy across a variety of disorders. Each such chapter will include a case study, blends literature review and practice guidelines.

Handbook of Clinical Interviewing With Adults Michel Hersen, Jay C. Thomas, 2007-08-08 *Clinical interviewing with adults* is both an art and a science. This handbook will appeal to a wide range of clinical researchers, therapists, interns, and graduate students new to the complexities of the clinical interview and diagnostic process. The comprehensive range of topics and coverage that includes case illustrations with dialogue and differential diagnosis and co-morbidity will be highly attractive features to researchers, professional therapists, and graduate students. The Hersen and Thomas team is highly qualified to succeed in this ambitious set of three projects. Carolyn Brodbeck Chapman University. The *Handbook of Clinical Interviewing with Adults* is one of three interrelated handbooks on the topic of interviewing for specific populations. It presents a combination of theory and practice plus concern with diagnostic entities for readers who work or one day will work with adults in clinical settings.

The volume begins with general issues structured versus unstructured interview strategies mental status examinations selection of treatment targets and referrals writing up the intake interview etc moves to a section on major disorders most relevant to adult clients depression bipolar disorder agoraphobia posttraumatic stress disorder eating disorders alcohol and drug abuse sexual dysfunction etc and concludes with a chapter on special populations and issues neurologically impaired patients older adults behavioral health consultation etc

The Evidence-based Social Work Skills Book

Barry Cournoyer,2004 During the 21st Century social workers will increasingly use evidence based knowledge to plan implement and evaluate the quality of their own professional activities This book explores the skills needed for evidence based social work EBSW This book emphasizes the importance of applied practice critical thinking and self directed lifelong learning Readers will learn the fundamentals of the EBSW skills practice them to establish beginning proficiency and then apply them to a target client group of their choosing Social workers and anyone interested in practicing evidence based social work

The Behavior Therapist ,1999 *Mastering Your Fears and Phobias* Michelle G. Craske,Martin M. Antony,David H. Barlow,2006-09-07 Written for therapists who treat clients with a variety of specific phobias including animal phobias natural environment phobias situational phobias blood injection injury phobias and other phobias Therapists are also taught evidence based strategies for helping clients to overcome phobias including exposure based and cognitive techniques for reducing fear When used in conjunction with *Mastery of Your Fears and Phobias* Second Edition Workbook therapists can help clients become active participants as they explore the nature of specific phobias including definitions prevalence and causes of phobias *Mastery of Your Anxiety and Panic* David H. Barlow,Michelle G. Craske,2006-12-14 Do you have rushes of fear accompanied by a pounding heart trembling dizziness and feelings of unreality that make you think you're sick dying or losing your mind Do these feelings interfere with your normal daily routine or prevent you from doing things you would normally do If you are prone to panic attacks and constantly worry about when the next attack may come you may suffer from panic disorder and or agoraphobia Though panic disorder seems irrational and uncontrollable it has been proven that a treatment like the one outlined in this book can help you take control of your life Now in its 4th edition *IMastery of Your Anxiety and Panic Workbook* I has been updated to include strategies and techniques for dealing with both panic disorder and agoraphobia The program outlined is based on the principles of cognitive behavioral therapy CBT and is organized by skill with each chapter building on the one before it You will learn the importance of record keeping and monitoring your progress as well as breathing techniques and thinking skills The main focus of treatment involves learning how to face agoraphobic situations and the scary physical symptoms of panic from an entirely new perspective Self assessment quizzes homework exercises and interactive forms allow you to become an active participant in your treatment Over time you will learn to manage your panic attacks anxiety about panic and avoidance of panic and agoraphobic situations This workbook is a one of a kind resource that has been recommended for use by public health services around the world It allows you to work

alongside your therapist to personalize your treatment strategy and learn recovery skills that are useful for a lifetime. 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. Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated. A companion website www.oup.com/us/ttw offers downloadable clinical tools and helpful resources. Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc.

PER **Subject Guide to Books in Print**, 1991 [Mastery of Your Specific Phobia](#) Martin M. Antony, Michelle Genevieve Craske, David H. Barlow, 1995-01-01 Specific Phobias are some of the most prevalent anxiety disorders. This book helps clients become active participants as they explores the nature of specific phobias including definitions prevalence and causes of phobias. They also learn proven strategies for overcoming phobias including exposure based and cognitive techniques for reducing fear. This program describes treatment strategies for a variety of specific phobias. The Client Workbook is divided into three parts. The first part describes the principles necessary for understanding specific phobias. The second part describes the principles necessary for treating specific phobias. The third part provides detailed guidelines for overcoming particular types of specific phobias. The authors recommend that this program be done with the supervision of a mental health professional. [Mastery of Your Anxiety and Panic](#) David H. Barlow, Michelle G. Craske, 2022 Do you have rushes of fear that make you think that you are sick dying or losing your mind. When these panicky feelings happen does it feel as if your heart is going to burst out of your chest or as if you cannot get enough air. Or maybe you feel dizzy faint trembly sweaty short of breath or just scared to death. Do the feelings sometimes come from out of the blue when you least expect them. Are you worried about when these feelings will happen again. Do these feelings interfere with your normal daily routine or prevent you from doing things that you would normally do. [Mastery of Your Specific Phobia](#) Martin M. Antony, 1995

Mastery of Your Specific Phobia Oxford University Press, Martin M. Antony, Michelle G. Craske, David H. Barlow, 2004-11-11 Specific Phobias are some of the most prevalent anxiety disorders. This book helps clients become active participants as they explores the nature of specific phobias including definitions prevalence and causes of phobias. They also learn proven strategies for overcoming phobias including exposure based and cognitive techniques for reducing fear. This program describes treatment strategies for a variety of specific phobias. The Monitoring Forms accompany the Client Workbook for Mastery of Your Specific Phobia. ISBN 0 19 518688 5 [Mastering Your Fears and Phobias](#) Martin M. Antony, Michelle G. Craske, David H. Barlow, 2006-08-31 This book is a revision of the highly successful first edition of

Mastery of Your Specific Phobia Client Workbook It is written for clients in treatment for a variety of specific phobias including animal phobias natural environment phobias situational phobias blood injection injury phobias and other phobias When used in conjunction with Mastery of Your Fears and Phobias Second Edition Therapist Guide this workbook helps clients become active participants as they explore the nature of specific phobias including definitions prevalence and causes of phobias Clients also learn proven strategies for overcoming phobias including exposure based and cognitive techniques for reducing fear

Mastery of Your Specific Phobia Michelle G Craske, Ph.D., Michelle G. Craske, David H Barlow, Ph.D., Martin M Antony, Ph.D., 1998-01-01 *Mastery of Your Fears and Phobias* Second Edition Workbook outlines a cognitive behavioral treatment program for individuals who suffer from specific fears and phobias including fear of blood heights driving flying water and others The program described in this workbook has proved to be the most effective treatment available for fears and phobias to date It has a success rate of up to 90% with as little as one treatment session Based on the principles of cognitive behavioral therapy CBT this workbook teaches clients about the nature of their fear and how to overcome it through exposures and changing their negative thoughts

Mastery of Your Anxiety and Worry (MAW) Richard E. Zinbarg, Michelle G. Craske, David H. Barlow, 2006-03-23 Written by the developers of an empirically supported and effective cognitive behavioral therapy CBT program for treating Generalized Anxiety Disorder GAD this second edition of *Mastery of Your Anxiety and Worry* Therapist Guide includes all the information and materials necessary to implement a successful treatment protocol when utilized by an informed therapist The therapeutic program described in this book is research based with a proven success rate when used in both individual and group formats as well as with individuals currently taking medication New features to this edition include expanded chapters that provide detailed instructions for conducting each session session outlines and recommended homework assignments This user friendly guide is a dependable resource that no clinician can do without

Mastery of Your Anxiety and Panic Michelle G. Craske, Elizabeth A. Meadows (PhD.), 2000 With the MAP 3 empirically supported program and over the course of 13 to 15 sessions clients 18 years and older learn specific intervention skills to manage panic MAP 3 is a systematic cognitive behavioral program which uses behavioral self monitoring to increase awareness of circumstances that trigger panic symptoms Clients take part in breathing retraining and muscle relaxation training learn how to decatastrophize through actual prediction testing and discover how to lessen fearfulness through exposure to feared sensations in safe settings MAP 3 program revisions are based on feedback from clinicians using the MAP II program as a clinical tool for treating anxiety panic and agoraphobia Revisions reflect cutting edge knowledge and empirical findings

Mastery of Your Specific Phobia Martin M. Antony, Michelle Genevieve Craske, David H. Barlow, 1995 **Mastery of Your Anxiety and Worry** Richard E. Zinbarg, 1993 **Mastery of Your Anxiety and Panic** David H. Barlow, Michelle G. Craske, 2022 Research on the efficacy of nonpharmacological treatments for the various anxiety disorders has been ongoing for over three decades at our institutions the Center for Anxiety and Related

Disorders at Boston University and the University of California Los Angeles Anxiety Disorders Behavioral Research Program Developments in the conceptualization of panic attacks and panic disorder PD in the 1980s and 1990s made possible significant improvements in the psychological treatment of PD and the development of panic control treatment PCT a treatment for panic disorder Since then a substantial body of evidence on the efficacy of this intervention and closely related variants containing very similar components has accumulated and it is stipulated as a first line treatment of choice in clinical practice guidelines from the American Psychiatric Association and the National Institute for Health and Care Excellence NICE which produces guidelines for the National Health Service in the UK aPa 2009 NICE 2019 In 2013 PCT was evaluated as meeting the criteria for an Evidence Based Program by the Division of Quality and Performance Improvement of the Substance Abuse and Mental Health Services Administration SAMHSA of the Public Health Service in the United States Similarly the Society of Clinical Psychology of the American Psychological Association 1998 rated the evidence as strong in supporting PCT as an evidence based intervention for panic disorder After the first strong evidence for the efficacy of this approach began to appear e g Barlow et al 1989 we recognized the value of a guide outlining the treatment procedures Hence the Mastery of Your Anxiety and Panic Workbook and Mastery of Your Anxiety and Panic Therapist Guide were written and have now been revised Now in its fifth edition the revised client workbook is written in a style suitable for the client s direct use usually under the supervision of a trained professional although it can be used in a self help format particularly for less severe cases

Mastery of Your Anxiety and Worry (MAW): Therapist Guide Richard E. Zinbarg, Michelle G. Craske, David H. Barlow, 2006-03-23 Generalized Anxiety Disorder occurs in approximately 4% of the population and is characterized by excessive uncontrollable worry about everyday things The constant worry can be extremely impairing if left untreated even to the point of causing physical symptoms Written by the developers of an empirically supported and effective cognitive behavioral therapy program for treating GAD this second edition therapist guide includes all the information and materials necessary to implement a successful treatment protocol The therapeutic technique described in this book is research based with a proven success rate when used in both individual and group formats as well as with clients currently taking medication Designed to be used in conjunction with its corresponding workbook this therapist guide outlines a 10 session program comprised of four primary treatment modules including cognitive restructuring progressive muscle relaxation worry exposures and in vivo exposure exercises New features to this edition include expanded chapters that provide detailed instructions for conducting each session session outlines and recommended homework assignments This user friendly guide is a dependable resource that no clinician can do without TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions DT All programs have been rigorously tested in clinical trials and are backed by years of research DT 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

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