Mastery of Your Anxiety and Worry: Therapist Guide

Written by the developers of an empirically supported and effective cognitive-behavioral therapy program for treating Generalized Anxiety Disorder, 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.

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. 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.

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 Generalized Anxiety Disorder. 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. When used together, both books form a complete treatment package that can be used successfully by practicing mental health professionals.

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