



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

By Debra A. Hope, Richard G. Heimberg, Harlan A. Juster, Cynthia L. Turk

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This is a client workbook for those in treatment or considering treatment for social anxiety. This program has met the American Psychological Association's Division 12 Task Force criteria for empirically-supported treatments. Clients will learn how social anxiety interferes with the achievement of life goals. The workbook includes information about a variety of interventions, such as exposure, cognitive re-framing, and medication.

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## **Editorial Review**

Review

"Incorporates client-friendly explanations and exercises practicing key cognitive-behavioral skills."--*Behavioral and Cognitive Psychotherapy*

About the Author

Debra A. Hope is at University of Nebraska-Lincoln. Richard G. Heimberg is at Temple University.

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