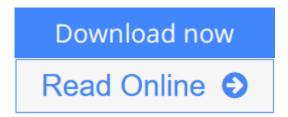


Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach Client Workbook (Treatments That Work)

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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Sales Rank: #1409625 in BooksPublished on: 2004-11-11

• Original language: English

• Number of items: 1

• Dimensions: 8.20" h x .70" w x 10.70" l, 1.25 pounds

• Binding: Paperback

• 224 pages

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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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