



Overcoming Generalized Anxiety Disorder - Client Manual

By John White

New Harbinger Publications. Paperback. Book Condition: New. Paperback. 134 pages. Dimensions: 10.7in. x 8.4in. x 0.4in. Effective protocols save time, increase the probability of obtaining good results, make it easier to train and supervise new therapists, and satisfy the needs of third parties to know that the proposed treatment follows the best available practices. Protocols are consistently formatted and organized; a detailed session-by-session treatment program that includes worksheets, homework assignments, in-session treatment exercises, and didactic material; specific assessment measures, both for the target disorder and for the overall treatment program; a treatment plan summary for managed care requirements. This protocol outlines a ten-to-thirteen-session cognitive behavioral treatment for individual adults with generalized anxiety disorder. Techniques include relaxation, realistic risk assessment, problem solving, worry exposure, and worry prevention. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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