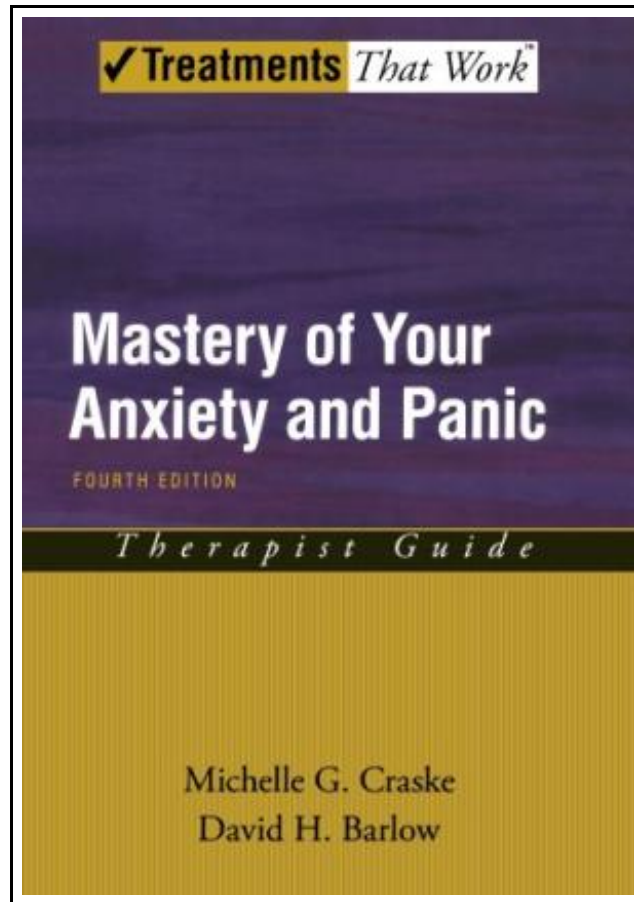


## Mastery of Your Anxiety and Panic Therapist Guide Treatments That Work



Filesize: 1.83 MB

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*(Germaine Welch)*

## MASTERY OF YOUR ANXIETY AND PANIC THERAPIST GUIDE TREATMENTS THAT WORK

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Written and revised by the developers of the program, this book provides therapists with all the tools necessary to deliver effective treatment for Panic Disorder and Agoraphobia. It provides step-by-step instructions for teaching clients the skills to overcome their fear of panic and panic attacks, as well as case vignettes and techniques for addressing atypical and problematic responses. This therapist guide is a one-of-a-kind resource that has been recommended for use by public health services around the world. *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...



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