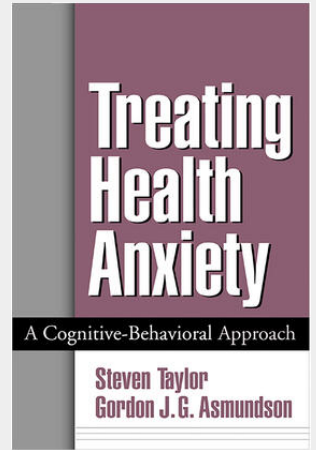


Taylor / Asmundson

Treating Health Anxiety

A Cognitive-Behavioral Approach

Grounded in current theory and treatment research, this highly practical book presents a comprehensive framework for assessing and treating health anxiety, including full-blown and milder (subclinical) forms of hypochondriasis. The current state of knowledge about these prevalent and costly problems is reviewed, and assessment methods and empirically supported treatments described. Clear, step-by-step recommendations are provided for engaging patients or clients, implementing carefully planned cognitive and behavioral interventions, and troubleshooting potential pitfalls. Important advances in pharmacotherapy for persons with health anxiety disorders are also discussed. Enhancing the utility of this clinician- and student-friendly resource are numerous case examples and sample dialogues, quick-reference tables and boxed material, and over 20 reproducible handouts and assessment forms.



47,00 €

43,93 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9781572309982

Medium: Buch

ISBN: 978-1-57230-998-2

Verlag: Guilford Publications

Erscheinungstermin: 13.02.2004

Sprache(n): Englisch

Auflage: 1. Auflage 2004

Produktform: Gebunden

Gewicht: 562 g

Seiten: 299

Format (B x H): 152 x 236 mm

