



# **Exposure Treatments for Anxiety Disorders: A Practitioner's Guide to Concepts, Methods, and Evidence-Based Practice (Practical Clinical Guidebooks)**

*Johan Rosqvist*

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*Exposure Treatments for Anxiety Disorders* is a unique volume, as it draws together the latest research on the rapidly-expanding field of anxiety disorders and illuminates how to correctly apply the proven methodology of behavioral therapy techniques to the variety of situations that face today's mental health professional. That said, cognitive therapy has in the last 10 years gotten increased attention as an alternative to behavior therapy in the treatment of anxiety disorders. But while it is gaining acceptance among practitioners, cognitive therapy has yet to illustrate substantial benefits above those that behavior therapy can already provide. In light of the aforementioned, coupled with the pressure many practitioners feel from managed care paradigms and shrinking healthcare coverage, this book will be a welcome resource allowing for increased clarity of action, accountability, and ultimately, positive client outcome. Each chapter is designed to address pivotal aspects in the assessment, formulation and diagnosis, and treatment of anxiety disorders, to a sufficient depth that the generalist practitioner will be comfortable using this book as a guide when working with the anxiety disordered client.

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