

Book Reviews

Treating Generalized Anxiety Disorder: Evidence-Based Strategies, Tools, and Techniques

Benjamin Crocker, M.D.

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I rarely part with books. But it's much easier to give away books that one has actually read, which is the nice thing about accepting books for review. *Treating Generalized Anxiety Disorder: Evidence-Based Strategies, Tools, and Techniques* is a quick and satisfying read. The authors point out that generalized anxiety disorder really came into its own with *DSM-III-R* as far as having distinct diagnostic criteria, with the focus then and in *DSM-IV* on worry as the central symptom. I went to look for my copy of *DSM-III* and couldn't find it. Then I remembered that I lost it in the year *DSM-III-R* came out, at my oral board exam. I hadn't prepared for the exam: I took the copy of *DSM-III* that I had owned since my internship year, to cram, and shoved it in a drawer in a county hospital. It was gone when I came back for it. I flunked. I never thought much about generalized anxiety disorder in those days, and not that much since.

Panic and agoraphobia, those were the anxiety disorders *DSM-III* put on the map—crisp, specific criteria that patients in the early 1980s felt relieved to discuss, the nugget in the swamp of anxiety neurosis as the age of psychoanalysis came to an end.

Treating Generalized Anxiety Disorder Evidence Based Strategies Tools And Techniques

Katie A. Witkiewitz, G. Alan Marlatt



Treating Generalized Anxiety Disorder Evidence Based Strategies Tools And Techniques:

Treating Generalized Anxiety Disorder Jayne L. Rygh, William C. Sanderson, 2004-06-14 This highly practical manual provides evidence based tools and techniques for assessing and treating clients with Generalized Anxiety Disorder GAD Proven cognitive behavioral interventions are described in rich step by step detail together with illustrative case examples With an emphasis on both accountability and flexibility the clinician is guided to select from available options weave them into individualized treatment plans and troubleshoot problems that may arise For those clients who do not respond well to CBT alone the book also offers a chapter on cutting edge supplementary interventions that have shown promise in preliminary clinical trials Special features include a wealth of reproducible materials over twenty five client handouts and forms assessment tools and more presented in a convenient large size format *Therapist's Guide to Evidence-Based Relapse Prevention* Katie A. Witkiewitz, G. Alan Marlatt, 2011-04-28 Describes the evidence based approaches to preventing relapse of major mental and substance related disorders Therapist's Guide to Evidence based Relapse Prevention combines the theoretical rationale empirical data and the practical how to for intervention programs The first section will serve to describe the cognitive behavioral model of relapse and provide a general introduction to relapse prevention techniques While Section II will focus on specific problem areas Section III will focus on diverse populations and treatment settings Incorporates theoretical and empirical support Provides step by step strategies for implementing relapse prevention techniques Includes case studies that describe application of relapse prevention techniques Psychological Approaches to Generalized Anxiety Disorder Holly Hazlett-Stevens, 2008-12-10 One of the hallmarks of generalized anxiety disorder along with diffuse pathological worry and somatic complaints is its resistance to therapy Of available treatment modalities for GAD cognitive behavioral therapy garners the best empirical support in terms of successful long term results Psychological Approaches to Generalized Anxiety Disorder offers clinicians a wide variety of CBT strategies to help clients develop core anxiety reduction skills presented so that readers can hone their own clinical skills Concise without skimping on information this book reviews current theory and research addresses important diagnostic issues and provides salient details in these key areas Assessment procedures and treatment planning Latest therapy outcome data including findings on newer therapies Specific CBT techniques including cognitive strategies psychoeducation anxiety monitoring relaxation exercises and more Dealing with noncompliance client ambivalence and other challenges to therapy Special considerations for treating older adults with GAD Relapse prevention transition issues and ending treatment Psychological Approaches to Generalized Anxiety Disorder has much information of interest to new and seasoned clinicians clinical researchers and academic psychologists It is also an especially valuable reference for graduate students treating or studying the anxiety spectrum **Evidence-based Interventions in Social Work** John S. Wodarski, Marvin D. Feit, 2009 Evidence based Interventions in Social Work A Practitioner's Manual centers on the factorial complexity of planning interventions with major client groups Monumental

economic and political forces are reshaping the way medical mental health and social services are delivered in the United States By focusing on the role of the social worker in the evolving systems of care the book addresses the following critical questions that have been generated by the empirical practice research Who should deliver the intervention to whom What intervention is the most effective with which clients Where The American Psychiatric Association Publishing Textbook of Anxiety, Trauma, and OCD-Related Disorders, Third Edition Naomi M. Simon, M.D., MSc, Eric Hollander, M.D., Barbara O. Rothbaum, Ph.D., A.B.P.P., Dan J. Stein, M.D., Ph.D., 2020-04-02 Designed for clinicians at every level this book addresses the origin assessment diagnosis and treatment of these disorders in a comprehensive up to date and compelling manner Following a comprehensive overview of core principles the book provides detailed coverage of specific DSM 5 diagnoses generalized anxiety disorder obsessive compulsive and related disorders panic disorder and agoraphobia social anxiety disorder specific phobia and trauma and stressor related disorders **The Severe and Persistent Mental Illness Treatment Planner** David J. Berghuis, Arthur E. Jongsma, Jr., Timothy J. Bruce, 2015-01-07 This timesaving resource features Treatment plan components for 31 behaviorally based presenting problems Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options A step by step guide to writing treatment plans that meet the requirements of most accrediting bodies insurance companies and third party payors Includes new Evidence Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Severe and Persistent Mental Illness Treatment Planner Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs managed care companies third party payors and state and federal agencies New edition features empirically supported evidence based treatment interventions Organized around 31 main presenting problems including employment problems family conflicts financial needs homelessness intimate relationship conflicts and social anxiety Over 1 000 prewritten treatment goals objectives and interventions plus space to record your own treatment plan options Easy to use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Severe and Persistent Mental Illness Progress Notes Planner Second Edition Includes a sample treatment plan that conforms to the requirements of most third party payors and accrediting agencies including CARF The Joint Commission COA and NCQA Additional resources in the PracticePlanners series Progress Notes Planners contain complete prewritten progress notes for each presenting problem in the companion Treatment Planners Documentation Sourcebooks provide the forms and records that mental health professionals need to efficiently run their practice For more information on our PracticePlanners including our full line of Treatment Planners visit us on the Web at www.wiley.com/practiceplanners *Handbook of Cognitive-Behavioral Therapies, Fourth Edition* Keith S. Dobson, David J. A. Dozois, 2019-02-01 Now revised and expanded with over 50% new material this definitive clinical reference is the text of choice for graduate level courses in evidence based

psychotherapy Foremost authorities describe the conceptual and scientific foundations of cognitive behavioral therapy CBT and provide a framework for assessment and case formulation Major approaches are reviewed in detail including emotion centered problem solving therapy rational emotive behavior therapy cognitive therapy schema therapy mindfulness and acceptance based interventions and dialectical behavior therapy DBT Applications to specific populations are discussed including children and adolescents couples culturally diverse clients and more New to This Edition Chapter on clinical assessment Chapter on DBT Chapters on transdiagnostic treatments CBT based prevention models and improving dissemination and implementation Existing chapters extensively revised or rewritten to reflect important research and clinical advances

The International Journal of Indian Psychology, Volume 2, Issue 2, No. 1 IJIP.In,2015-01-25 The International Journal of Indian Psychology ISSN 2348 5396 is an academic journal that examines the intersection of psychology home sciences and education IJIP is published quarterly and is available in electronic versions Our expedited review process allows for a thorough analysis by expert peer reviewers within a time line that is much more favorable than many other academic publications The Christian Therapist's Notebook Philip J. Henry,Lori Marie Figueroa,David R. Miller,2012-03-22 Christians are faced with the same range of problems as everyone else However Christian therapists understand deeply the unique issues involved with their therapy The Christian Therapist s Notebook is a single source for innovative user friendly techniques for connecting the everyday world of the client with Christian principles and Scripture This creative timesaving guide assists therapists in helping clients achieve therapy goals through professionally sound and principled exercises while always maintaining a positive supportive connection with Christian beliefs Helpful features include Scripture references relevant to common problems case studies vignettes professional resource lists client resource lists in session exercises homework exercises and handouts **Psychological Treatment of Older Adults** Lee Hyer,2013-10-17 Print CourseSmart

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