# 

A Cognitive-Behavioral Approach

Steven Taylor Gordon J. G. Asmundson

# Treating Health Anxiety A Cognitive Behavioral Approach

Gordon J.G. Asmundson, Steven Taylor, Brian J. Cox

# **Treating Health Anxiety A Cognitive Behavioral Approach:**

Treating Health Anxiety Steven Taylor, Gordon J. G. Asmundson, 2004-02-13 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

The Oxford Handbook of Obsessive Compulsive and Spectrum Disorders Gail Steketee, 2012 A review of current literature on obsessive compulsive disorder OCD and its associated spectrum conditions including body dysmorphic disorder BDD hoarding trichotillomania tic disorders and Tourette s Syndrome Treating Health Anxiety and Fear of Death Patricia Furer, John R. Walker, Murray B. Stein, 2007-03-07 Contemporary culture includes a high awareness of personal and global health hazards Many people may feel some anxiety in this regard but some develop an unbearable sense of dread that prevents them from functioning Treating Health Anxiety gives prescribing and non prescribing clinicians as well as the counselors and social workers who encounter the problem the tools to reduce both the fears and the medical costs that so often accompany them Oxford Handbook of Anxiety and Related Disorders Martin M. Antony, Murray B. Stein, 2008-09-04 Oxford Handbooks offer authoritative and up to date reviews of original research in a particular subject area Specially commissioned chapters from leading figures in the discipline give critical examinations of the progress and direction of debates as well as a foundation for future research Oxford Handbooks provide scholars and graduate students with compelling new perspectives upon a wide range of subjects in the humanities social sciences and sciences Anxiety disorders are among the most prevalent of psychological disorders A scholarly exhaustive work the Oxford Handbook of Anxiety and Related Disorders reviews current research and clinical developments through synthetic chapters written by experts from various fields of study and clinical backgrounds The Handbook discusses each of the main anxiety disorders e g panic disorder social anxiety disorder phobias generalized anxiety disorder posttraumatic stress disorder and psychological trauma obsessive compulsive disorder etc examining diagnostic criteria prevalence rates comorbidity as well as clinical issues Neurobiological and psychological approaches to understanding these disorders are presented through the examination of such topics as genetic research neuroanatomical models learning theories and more Current issues in classification and assessment are also discussed in depth and treatment approaches both traditional and alternative are provided along with detailed discussions of both pharmacological and psychological approaches The Handbook also introduces other anxiety

based conditions such as body dysmorphic disorder and looks at cultural issues and the impact of anxiety disorders in specific populations The multiple perspectives and breadth of scope offered by the Oxford Handbook of Anxiety and Related Disorders will make it an invaluable resource for clinicians researchers educators as well as scholars and students **Not All in Your Head** Gordon J. G. Asmundson, Steven Taylor, 2005-05-05 For anyone whose personal life or career has been disrupted by health anxiety this compassionate nonjudgmental and practical book written by two psychologists may be just Obsessive-Compulsive Disorder: Subtypes and Spectrum Conditions Jonathan S what the doctor ordered Abramowitz, Dean McKay, Steven Taylor, 2011-04-28 Researchers and clinicians working with Obsessive Compulsive Disorders OCD and related disorders who need the most current information available will find this volume of great use Obsessive Compulsive Disorder Subtypes and Spectrum Conditions covers contemporary theory research and treatment of the various subtypes of OCD and problems often referred to as OCD spectrum disorders As the mental health field considers the next iteration of the DSM an entire research agenda is being planned to elucidate issues such as how best to understand and classify OCD The questions of subtypes and spectrum disorders are at the heart of this issue and will guide how OCD is conceptualized in DSM V This volume dedicated to such diagnostic theoretical and treatment issues helps informs the field of the most up to date knowledge and what remains to be resolved Deconstructs OCD into its subtypes Reviews current research and treatment for these problems Considers how OCD will be conceptualized in DSM V Represents an international scope with contributions from field experts in psychology psychiatry and social work Includes critical discussion of the OCD subtype and OCD spectrum concepts Handbook of Psychological Assessment, Case Conceptualization, and **Treatment, Volume 1** Michel Hersen, Johan Rosqvist, 2007-11-02 Edited by recognized experts Michel Hersen and Johan Rosqvist Handbook of Psychological Assessment Case Conceptualization and Treatment Volume 1 Adults is a thorough and practical reference for those working with adults Bringing together the most current theories and evidence based applications chapters address issues of importance including ethics medical issues panic and agoraphobia obsessive compulsive disorder and posttraumatic stress disorder Each chapter follows a structured format opening with an overview of assessment followed by case conceptualization and finally recommended treatment Overcoming Health Anxiety David Veale, Rob Willson, 2009-11-26 Stop worrying about your health and enjoy life Many of us have a tendency to worry unnecessarily about our health This can be worse in a time of global panic about pandemics For some the anxiety becomes chronic and they may spend many hours checking for symptoms seeking reassurance from others surfing the internet for information about different diseases or repeatedly visiting the doctor It is distressing for them and for everyone around them In fact health anxiety can be very successfully treated with cognitive behavioural therapy the approach taken in this self help guide Using a structured step by step approach the authors explain how the problem develops how to recognise what feeds it and how to develop effective methods of dealing with it Includes questionnaires case studies and exercises Based on proven

CBT techniques Includes a chapter on fear of death and fear of vomiting Cognitive Behavior Therapy in Clinical Social Work Practice Tammie Ronen, PhD, Arthur Freeman, 2007 Print Course Smart Cognitive-behavioral Therapy for Refractory Cases Derek Truscott, 2010 Through exploratory reflection this book will help you find a theory that is compatible with your own worldview and will encourage you to be a more effective therapist by adapting it to honor the worldviews of your clients By understanding your values and those upon which the major systems of psychotherapy are based you can choose a model for practice that you believe in to maximize your satisfaction confidence and effectiveness as a Psychological Treatment of Health Anxiety and Hypochondriasis Jonathan S Abramowitz, Autumn therapist BOOK JACKET Braddock, 2008-09-08 Between 25% and 50% of visits to primary care clinics are for somatic complaints with no identifiable organic pathology While most people are reassured when told they are not ill a certain percentage is convinced the doctor has missed something serious For centuries hypochondriasis and persistent somatic complaints have baffled physicians and mental health professionals alike Recent decades however have seen advances in the understanding and treatment of this problem when it is considered a form of health anxiety In this highly practical and accessible book Jonathan Abramowitz and Autumn Braddock present a model of health anxiety and hypochondriasis grounded in the most up to date clinical science and that incorporates physiological cognitive and behavioral processes They also offer a step by step guide to assessment conceptualization and psychological treatment that is derived from this model and integrates strategies for psychoeducation cognitive therapy behavioral therapy exposure and response prevention and dealing with resistance to treatment The book is packed with illustrative clinical examples and therapist patient dialogues Sample forms and handouts are also provided This volume which also addresses motivational problems and other common obstacles in treating individuals with health anxiety is an essential resource for students and researchers in behavioral medicine and health psychology and for anyone working with patients in hospitals primary care settings academic medical centers and freestanding mental health clinics

DSM-four-TR Casebook Robert L. Spitzer,2006 The groundbreaking DSM IV TR Casebook Volume 2 Experts Tell How They Treated Their Own Patients is unique among casebooks because unlike other casebooks including the editors own previous casebook which include descriptions of cases from clinical practice discussions of the differential diagnosis and suggested treatments it features experts who go beyond the standard case description by detailing their own treatment approaches in interesting cases from their own practices A must have for every mental health care student educator and professional this fascinating casebook features A remarkable 53 expert contributors selected with great care by the editors to ensure that their case studies span the full range of psychological psychosocial and pharmacological treatment approaches An unprecedented 33 case studies divided into 14 sections with topics ranging from illnesses first diagnosed in infancy childhood or adolescence including an illuminating study of childhood bipolar disorder to illnesses of old age such as delirium and dementia Unparalleled depth of detail in that every case study includes a summary of the patient s presenting symptoms

problems history of present illness and past history the expert's differential diagnosis and reasons for choosing a particular therapy their initial treatment goals how they explained the treatment to the patient and the patient's reaction what actually went on in the sessions the expert s thoughts and feelings during the treatment process and how the patient changed over time An unmatched range of topics including case studies of mental disorders due to a general medical condition substance abuse disorders schizophrenia and other psychotic disorders mood and anxiety disorders somatoform and factitious disorders dissociative disorders sexual and gender identity disorders eating disorders and impulse control and personality disorders A logical structure that promotes ease of use in that these all new case studies are presented in the order in which the diagnoses appear in the DSM IV TR classification cases can be located by diagnosis treatment modality case name or clinician DSM IV TR Casebook Volume 2 Experts Tell How They Treated Their Own Patients is simply the essential casebook for mental health care students residents educators professionals and interested laypersons everywhere **Health Anxiety** Rob Willson, David Veale, 2012-07-02 Many of us have a tendency to worry unnecessarily about our health For some the anxiety becomes chronic and they may spend many hours checking for symptoms seeking reassurance from others surfing the internet for information about different diseases or repeatedly visiting the doctor It is distressing for them and for everyone around them In fact health anxiety can be very successfully treated with cognitive behavioral therapy the approach taken in this self help guide Using a structured step by step approach the authors explain how the problem develops how to recognize what feeds it and how to develop effective methods of dealing with it to Mental Health Larina Kase, Deborah Roth Ledley, 2007-02-26 The new guick reference for understanding anxiety disorders The Wiley Concise Guides to Mental Health Anxiety Disorders uses clear highly accessible language to comprehensively guide the reader through the most frequently diagnosed mental health problem anxiety and its related issues This concise informative reference provides a complete history of the field conceptualization assessment diagnosis treatment cutting edge research and other critical information Like all the books in the Wiley Concise Guides to Mental Health Series Anxiety Disorders features a compact easy to use format that includes Vignettes and case illustrations A practical approach that emphasizes real life treatment over theory Resources for specific readers such as clinicians students and patients After discussing the conceptualization and assessment of anxiety disorders Anxiety Disorders covers treatment with sections on client psychoeducation cognitive tools in vivo and imaginal exposure cognitive behavioral therapy CBT techniques and termination and relapse prevention Additional issues covered include other treatment approaches working with children and adolescents working in group family and couples therapy settings supervision and concerns and challenges for the clinician Useful to practitioners as an on the shelf resource and to students as a complete overview the Wiley Concise Guides to Mental Health Anxiety Disorders provides a complete and quick reference for the diagnosis and treatment of anxiety disorders **Treatments of Psychiatric Disorders** ,2001 **Abnormal Psychology** Thomas F. Oltmanns, Robert

E. Emery, Steven Taylor, 2006 Book Review Index Cumulation Dana Ferguson, 2005-09 Book Review Index provides quick access to reviews of books periodicals books on tape and electronic media representing a wide range of popular academic and professional interests The up to date coverage wide scope and inclusion of citations for both newly published and older materials make Book Review Index an exceptionally useful reference tool More than 600 publications are indexed including journals and national general interest publications and newspapers Book Review Index is available in a three issue subscription covering the current year or as an annual cumulation covering the past year **Health Anxiety** Gordon J.G. Asmundson, Steven Taylor, Brian J. Cox, 2001-12-12 This volume brings together the major advances in the psychological and pharmacological treatments of health anxiety the preoccupation with the fear of having a serious disease or illness and relates it to a conceptual framework that provides a basis for assessment treatment and ongoing research **Iournal** of Behavioral Medicine ,1996 Treatment of Obsessive Compulsive Disorder Lata K. McGinn, William C. Sanderson, 1999-06-01 Treatment for patients with obsessive compulsive disorder OCD has dramatically improved with the innovative use of cognitive behavioral therapies Drs McGinn and Sanderson have developed a comprehensive method of treatment that combines psychoeducational and cognitive restructuring with traditional exposure and response prevention techniques A detailed session by session guide is presented to help clinicians assess and treat OCD with this unique blend of therapies Using a composite case example the authors demonstrate exactly how to implement various strategies from the initial interview to the conclusion of treatment.

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