



Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders: Integrating Techniques and Applications from CBT, DBT, and ACT

By Timothy A. Sisemore

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders: Integrating Techniques and Applications from CBT, DBT, and ACT, Timothy A. Sisemore, Exposure therapy has amassed a significant body of research and is widely appreciated as one of the most effective therapeutic treatments for anxiety spectrum disorders. Nevertheless, therapists often neglect to maximize this technique because they are hesitant to suggest exposure exercises to anxious clients who may be resistant to facing their fears. The Clinician's Guide to Exposure Therapies for Anxiety Spectrum Disorders offers the solution-an organized manual of specific exposure strategies for the most common fears and phobias. It includes strategies for increasing clients' willingness to participate in exposure therapy and incorporates the most effective therapy exercises from cognitive behavioural therapy, acceptance and commitment therapy, dialectical behaviour therapy, and other modalities. It provides reproducible forms therapists can use to help clients make hierarchies of exposure. Along with exposure strategies, the book features guidance on using exposure therapy in general, including special sections on prolonged exposure therapy for post-traumatic stress disorder.



READ ONLINE

Reviews

Merely no words to spell out. It is amongst the most awesome publication i have read. Your life span will likely be transform as soon as you full reading this book.

-- Marvin Okuneva

Completely among the best publication I have got at any time go through. I have got go through and so i am confident that i will likely to read again once more down the road. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Zachery Mertz

Other Books



Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...



Your Pregnancy for the Father to Be Everything You Need to Know about Pregnancy Childbirth and Getting Ready for Your New Baby by Judith Schuler and Glade B Curtis 2003 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

Book Condition: Brand New. Book Condition: Brand New.



Slave Girl - Return to Hell, Ordinary British Girls are Being Sold into Sex Slavery; I Escaped, But Now I'm Going Back to Help Free Them. This is My True Story.

John Blake Publishing Ltd, 2013. Paperback. Book Condition: New. Brand new book. DAILY dispatch from our warehouse in Sussex, all international orders sent Airmail. We're happy to offer significant POSTAGE DISCOUNTS for MULTIPLE ITEM orders.



10 Most Interesting Stories for Children: New Collection of Moral Stories with

Paperback. Book Condition: New. This item is printed on demand. Item doesn't include CD/DVD.



Kidz Bop - A Rockin' Fill-In Story: Play Along with the Kidz Bop Stars - and Have a Totally Jammin' Time!

Adams Media, PAPERBACK, Book Condition: New, 144050573X.