

CLIENT MANUAL

OVERCOMING SPECIFIC PHOBIA



A Hierarchy and
Exposure-Based Protocol
for the Treatment
of All Specific Phobias

Edmund J. Bourne, Ph.D.

Best Practices™
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Edmund J. Bourne, Matthew McKay



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Overcoming Panic Disorder and Agoraphobia - Matthew McKay, Elke Zuercher-White, 1999 A 12 to 16 session treatment for individual adults experiencing agoraphobia panic disorder Treatment interventions include psychoeducation breathing retraining cognitive restructuring interoceptive exposure in vivo exposure relapse prevention Zuercher White is the author of *END2* and *AGOR* Subject Guide to Books in Print ,1997 **Cognitive Behaviour Therapy** Frank Wills, Diana Sanders, 2012-10-04 A delightful volume with unique style and content This new edition amply lives up to the authors aim of demonstrating a mode of CBT practice that incorporates many exciting developments whilst retaining the reassuring strength of the original parsimonious model Ann Hackmann Oxford Mindfulness Centre University of Oxford One of the very best introductions to CBT now enhanced with excellent coverage of new developments Professor Neil Frude Consultant Clinical Psychologist My first choice recommendation for trainee therapists This outstanding and easy to read introduction just got better Peter Simpson Senior Lecturer in Mental Health University of Glamorgan In their established guide to contemporary CBT theory and practice the authors show how therapeutic change takes place across a network of cognitive emotional and behavioural functioning They explain the central concepts of CBT and illustrate with numerous case examples how these can effectively be put into practice at each stage of the therapeutic process They also explain how the essence of cutting edge third wave can be integrated into everyday clinical practice With two new chapters on mindfulness and increasing access to CBT a wider coverage of client issues extra case studies and learning resources and a discussion of recent developments this book continues to be the ideal companion for those working or training to work in the psychological therapies and mental health Frank Wills is an independent Cognitive Psychotherapist in Bristol and tutor at the University of Wales Newport Diana Sanders Counselling Psychologist and BABCP Accredited Cognitive Psychotherapist in Independent Practice Oxford **FaDSS Newsletter** ,1996 **Overcoming Specific Phobia** Edmund J. Bourne, Matthew McKay, 1998 For clients who typically have a strong fear or avoidance of one particular object or situation Describes a 10 session course of treatment including relaxation techniques anxiety coping skills systematic desensitization in vivo exposure cognitive restructuring and worry coping skills Overcoming Specific Phobia - Client Manual Edmund J. Bourne, Matthew McKay, 1998 Developed for clients who have a strong fear or avoidance of one particular object or situation Describes a 10 session course of treatment including relaxation techniques anxiety coping skills systematic desensitization in vivo exposure cognitive restructuring worry coping skills **Computerworld** ,1984-07-09 For more than 40 years Computerworld has been the leading source of technology news and information for IT influencers worldwide Computerworld's award winning Web site Computerworld.com twice monthly publication focused conference series and custom research form the hub of the world's largest global IT media network *Bulletin of the Atomic Scientists* ,1970-06 The Bulletin of the Atomic Scientists is the premier public resource on scientific and technological developments that impact global security Founded by Manhattan

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