

Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach Therapist Guide (Treatments That Work)

By Debra A. Hope, Richard G. Heimberg, Cynthia L. Turk

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Social Anxiety Disorder (SAD) is common and often underdiagnosed. It can interfere with school or work, and may cause difficulty with close relationships. In repeated trials, cognitive-behavioral therapy has proven the most effective treatment for this disorder.

Written by the developers of an empirically supported and effective CBT program for treating Social Anxiety Disorder, this guide includes all the information and materials necessary to implement successful treatment. The therapeutic technique described in this book is research-based with a proven success rate, and can be used with those clients currently taking medication, as well as those who aren't.


Using a model that focuses on how social anxiety is maintained rather than how it develops, the renowned authors provide clinicians with step-by-step instructions for teaching their clients important skills that have been scientifically tested and shown to be effective in treating Social Anxiety Disorder. Designed to be used in conjunction with its corresponding workbook, the therapist guide focuses on using cognitive restructuring techniques to help break the cycle of anxiety. When used together, both books form a complete treatment package that can be used successfully by informed practicing mental health professionals. Complete with session outlines, key concepts, case vignettes and strategies for dealing with problems, this user-friendly guide is a dependable resource that no clinician can do without!

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Editorial Review

Review

"Provides the clinician with a solid theoretical background with which to formulate and a clear rationale for each step in the treatment."--Behavioral and Cognitive Psychotherapy

About the Author

Debra A. Hope is at University of Nebraska-Lincoln. Richard G. Heimberg is at Temple University.

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