



Generalized Anxiety Disorder (Paperback)

By Craig D. Marker, Alison G. Aylward

Hogrefe Publishing, Canada, 2014. Paperback. Condition: New. Language: English . Brand New Book. After briefly outlining theoretical models, this clear and concise book presents an integrative, up-to-date treatment protocol for GAD. Suitable both for practitioners and for students, it guides readers through assessment and differential diagnosis, etiological models such as cognitive avoidance, positive beliefs about worry, and intolerance of uncertainty, and treatment techniques. The therapeutic approach described here integrates techniques from CBT, mindfulness- and acceptance-based therapy, as well as motivational interviewing. This practical volume is rounded off by case vignettes, handouts, questionnaires, and other useful tools.



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Reviews

The publication is great and fantastic. Sure, it is enjoy, nevertheless an interesting and amazing literature. You will not truly feel monotony at at any moment of your own time (that's what catalogues are for concerning when you request me).

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