

**Mastery of Your Specific
Phobia: Client Kit
(Includes Client Workbook
and Monitoring Forms)
(Treatments That Work)**

Antony, Martin M.

Note: This is not the actual book cover

Mastery Of Your Specific Phobia Client Kit Includes Client Workbook And Monitoring Forms

Michelle G. Craske, David H. Barlow



Mastery Of Your Specific Phobia Client Kit Includes Client Workbook And Monitoring Forms:

Mastery of Your Specific Phobia Martin M. Antony, Michelle G. Craske, David H. Barlow, 2004-11-11 Specific Phobias are some of the most prevalent anxiety disorders This book helps clients become active participants as they explores the nature of specific phobias including definitions prevalence and causes of phobias They also learn proven strategies for overcoming phobias including exposure based and cognitive techniques for reducing fear This program describes treatment strategies for a variety of specific phobias The Client Workbook is divided into three parts The first part describes the principles necessary for understanding specific phobias The second part describes the principles necessary for treating specific phobias The third part provides detailed guidelines for overcoming particular types of specific phobias The authors recommend that this program be done with the supervision of a mental health professional This item includes both the Client Workbook and Monitoring Forms

Mastery of Your Specific Phobia Oxford University Press, Martin M. Antony, Michelle G. Craske, David H. Barlow, 2004-11-11 Specific Phobias are some of the most prevalent anxiety disorders This book helps clients become active participants as they explores the nature of specific phobias including definitions prevalence and causes of phobias They also learn proven strategies for overcoming phobias including exposure based and cognitive techniques for reducing fear This program describes treatment strategies for a variety of specific phobias The Monitoring Forms accompany the Client Workbook for *Mastery of Your Specific Phobia* ISBN 0 19 518688 5

Mastery of Your Anxiety and Worry (MAW) Michelle G. Craske, Martin M. Antony, David H. Barlow, 1992-01-01 This 13 session program incorporates new procedures to help clients learn to monitor their anxiety gain control and initiate needed change through cognitive restructuring progressive muscle relaxation and direct confrontation of unnecessary worry using imagery and In Vivo Experience The videotape helps therapists gain a better understanding of cognitive behavioral therapy for the treatment of generalized anxiety disorder In this program clients will learn to control their out of control worry and anxiety The program is divided into 13 components or lessons In each lesson clients will learn specific skills The skills will build on each other so that in each new lesson they will use skills learned in earlier lessons The types of skills that they will learn include reducing physical tension controlling excessive worry and dealing with real problem situations The program is obviously structured but within that structure there is room for individual tailoring since individual differences are very important for understanding what will help each client the most At the end of each lesson there is an exercise and a self assessment section that is there for clients to see if they have learned the important information If not it is a sign for them to go back over the material again Most people go over the lesson repeatedly In addition specific exercises are outlined at the end of each chapter These Worry Record Forms accompany the Client Workbook for *Mastery of Your Anxiety and Worry* ISBN 0195186923

Mastery of Your Specific Phobia Martin M. Antony, 1995

Mastery of Your Specific Phobia Michelle G. Craske, Martin M. Antony, David H. Barlow, 1997-01-01 Specific Phobias are some of the most prevalent anxiety disorders This book helps clients

become active participants as they explore the nature of specific phobias including definitions prevalence and causes of phobias They also learn proven strategies for overcoming phobias including exposure based and cognitive techniques for reducing fear This program describes treatment strategies for a variety of specific phobias The MSP program in the Client Workbook although written for the client should be carried out under the supervision of a mental health professional because many of the concepts and procedures are relatively complex The most effective intervention requires an understanding of the principles underlying the treatment procedures and a person who can guide the client through the demands of treatment The Client Workbook is divided into three parts The first part describes the principles necessary for understanding specific phobias The second part describes the principles necessary for treating specific phobias The third part provides detailed guidelines for overcoming particular types of specific phobias The Therapist Guide includes a description of the major points from each chapter covered in the Client Workbook the primary information that should be conveyed by the therapist and the principles underlying the therapeutic procedures described in each chapter Also included in this guide are typical questions asked by clients and solutions to problems that may arise in each chapter

Mastery of Your Specific Phobia Michelle G Craske, Ph.D., Michelle G. Craske, David H Barlow, Ph.D., Martin M Antony, Ph.D., 1998-01-01 Mastery of Your Fears and Phobias Second Edition Workbook outlines a cognitive behavioral treatment program for individuals who suffer from specific fears and phobias including fear of blood heights driving flying water and others The program described in this workbook has proved to be the most effective treatment available for fears and phobias to date It has a success rate of up to 90% with as little as one treatment session Based on the principles of cognitive behavioral therapy CBT this workbook teaches clients about the nature of their fear and how to overcome it through exposures and changing their negative thoughts

Mastery of Your Anxiety and Panic (MAP-3) David H. Barlow, Professor of Psychology and Director of the Center for Anxiety and Related Disorders David H Barlow, PhD, Department of Psychology and Director of the Anxiety Disorders Behavioral Research Program Michelle G Craske, Ph.D., Michelle G. Craske, 2004-11-11 Map III is a systematic cognitive behavioral program which uses behavioral self monitoring to increase awareness of circumstances that trigger panic symptoms Clients learn specific intervention skills including how to slow down physiological reactivity through breathing retraining and muscle relaxing training how to de catastrophise through actual prediction testing and how to lessen fearfulness through exposure to feared sensations in safe settings This kit is intended to accompany the Mastery of Your Anxiety and Panic series but is written for individuals who have agoraphobia This workbook deals mostly with agoraphobic avoidances Many of the principles and procedures described in this workbook follow directly from the principles and procedures of the client workbook for anxiety and panic Therefore the authors suggest that the clients read the client workbook for anxiety and panic before starting with this workbook They recommend doing so even if the clients are not currently experiencing panic attacks because as they describe in much more detail in the chapters agoraphobia tends to be fueled by a person's concerns about having panic

attacks or panic like symptoms even when panic attacks have not happened for quite some time The Client Kit for Agoraphobia includes the Client Workbooks for Agoraphobia and Client Monitoring Forms *Mastering Your Fears and Phobias* Michelle G. Craske, Martin M. Antony, David H. Barlow, 2006-09-07 Specific Phobia is the most commonly occurring anxiety disorder with approximately 12.5% of the general population reporting at least one specific phobia during their lives People may fear heights flying spiders blood water and any other number of circumscribed objects or situations Research has shown the most effective treatment for these fears and phobias is an exposure based cognitive behavioral program Written by renowned researchers this Therapist Guide provides you with all the information you need to help your clients ease their anxiety and conquer their fears Whether they are afraid of dentists dogs or driving you can teach your clients the necessary skills to overcome their phobia in as little as a few weeks The strategies outlined in this book include exposure exercises and cognitive restructuring techniques The corresponding Workbook includes blank forms and records for tracking progress and allows the client to extend the therapeutic experience outside of the office Together both books form a comprehensive package that has proven to be the most effective and successful treatment available for specific phobia

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Mastering Your Fears and Phobias Michelle G. Craske, Martin M. Antony, David H. Barlow, 2006-09-07 Written for therapists who treat clients with a variety of specific phobias including animal phobias natural environment phobias situational phobias blood injection injury phobias and other phobias Therapists are also taught evidence based strategies for helping clients to overcome phobias including exposure based and cognitive techniques for reducing fear When used in conjunction with Mastery of Your Fears and Phobias Second Edition Workbook therapists can help clients become active participants as they explore the nature of specific phobias including definitions prevalence and causes of phobias Mastery of Your Specific Phobia Michelle G. Craske, Michelle Genevieve Craske, Martin M. Antony, David H. Barlow, 1997

Mastering Your Fears and Phobias Michelle Genevieve Craske, Martin M. Antony, David H. Barlow, 2006 Mastery of Your Anxiety and Worry Michelle G. Craske, David H. Barlow, 2006-03-23 Individuals who suffer from Generalized Anxiety Disorder know that it can be extremely impairing causing chronic tension fatigue irritability and difficulties sleeping The most effective treatment for this

disorder is a program based on principles of cognitive behavioral therapy Written by the developers of an empirically supported and effective CBT therapy program for treating GAD this workbook includes all the information necessary for a client to learn the appropriate skills to combat their excessive worry When used in conjunction with the corresponding therapist guide this book provides a complete treatment package with a proven success rate Through the use of this workbook clients will become active participants in their supervised treatment This revised edition includes new elements such as a listing of goals for each session chapter as well as more detailed lists of homework assignments Mastery of Your Anxiety and Worry Workbook 2e is a one of a kind resource that allows clients to work alongside their therapist to personalize their treatment strategy and overcome their GAD TreatmentsThatWork represents the gold standard of behavioral healthcare interventions BL All programs have been rigorously tested in clinical trials and are backed by years of research BL A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date BL Our books are reliable and effective and make it easy for you to provide your clients with the best care available BL Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated BL A companion website www.oup.com/us/ttw offers downloadable clinical tools and helpful resources BL Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER

Mastery of Your Specific Phobia Martin M. Antony,Michelle Genevieve Craske,David H. Barlow,1995

Mastery of Your Anxiety and Panic (MAP-3) David H. Barlow,Michelle G. Craske,2000 Map III is a systematic cognitive behavioral program which uses behavioral self monitoring to increase awareness of circumstances that trigger panic symptoms Clients learn specific intervention skills including how to slow down physiological reactivity through breathing retraining and muscle relaxing training how to de catastrophise through actual prediction testing and how to lessen fearfulness through exposure to feared sensations in safe settings The Mastery of Your Anxiety and Panic Third Edition MAP III program updates extends and improves on the previous program in numerous ways The material is presented in such a way that the client can understand the appropriate information in a clear and understandable manner This edition also contains new and better informed rationales guided not only by new scientific developments but also by the extensive experience of practitioners who have used the MAP treatment program with thousands of clients around the world In addition all of the monitoring forms assigned to clients have been substantially redesigned to provide greater ease of use and more relevant information Finally the MAP 3 client workbooks have been completely rewritten at a more accessible reading level to make the material easier for all clients to understand These Monitoring Forms accompany the Client Workbook for the Mastery of Your Anxiety and Panic ISBN 0195186974

Mastery of Your Anxiety and Panic (MAP-3) David H. Barlow,Professor of Psychology and Director of the Center for

Anxiety and Related Disorders David H Barlow, PhD, Department of Psychology and Director of the Anxiety Disorders Behavioral Research Program Michelle G Craske, Ph.D., Michelle G. Craske, 2004-11-11 Map III is a systematic cognitive behavioral program The Mastery of Your Anxiety and Panic Third Edition contains rationales guided by the experience of practitioners who have used the MAP treatment program Client Kit MAP III includes the MAP 3 Client Workbook Client Monitoring Forms and a pad of 50 Panic Attack Record forms **Mastery of Your Anxiety and Panic** Michelle G. Craske, David H. Barlow, 2006-12-14 Now in its 4th edition Mastery of Your Anxiety and Panic Therapist Guide updates extends and improves upon the most effective evidence based treatment program available for Panic Disorder and Agoraphobia Program is now organized by skill instead of by session so treatment can be tailored to the individual Presents breathing and thinking skills as methods for facing rather than reducing fear and anxiety Focuses on learning how to face agoraphobic situations and the scary physical symptoms of panic from an entirely new perspective Includes a completely new chapter for adapting the treatment for effective delivery in 6 sessions within primary care settings Provides up to date information on pharmacology Written and revised by the developers of the program this book provides therapists with all the tools necessary to deliver effective treatment for Panic Disorder and Agoraphobia It provides step by step instructions for teaching clients the skills to overcome their fear of panic and panic attacks as well as case vignettes and techniques for addressing atypical and problematic responses This therapist guide is a one of a kind resource that has been recommended for use by public health services around the world TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions All programs have been rigorously tested in clinical trials and are backed by years of research A prestigious scientific advisory board led by series Editor In Chief David H Barlow reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date Our books are reliable and effective and make it easy for you to provide your clients with the best care available Our corresponding workbooks contain psychoeducational information forms and worksheets and homework assignments to keep clients engaged and motivated A companion website www.oup.com/us/ttw offers downloadable clinical tools and helpful resources Continuing Education CE Credits are now available on select titles in collaboration with PsychoEducational Resources Inc PER 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 Mastery of Your Anxiety and Worry Michelle Genevieve Craske, David H. Barlow, 1992-01-01 This 13 session program incorporates new procedures to help clients learn to monitor their anxiety gain control and initiate needed change through cognitive restructuring progressive muscle relaxation and direct confrontation of unnecessary worry using imagery and In Vivo Experience The videotape helps therapists gain a better understanding of

cognitive behavioral therapy for the treatment of generalized anxiety disorder In this program clients will learn to control their out of control worry and anxiety The program is divided into 13 components or lessons In each lesson clients will learn specific skills The skills will build on each other so that in each new lesson they will use skills learned in earlier lessons The types of skills that they will learn include reducing physical tension controlling excessive worry and dealing with real problem situations The program is obviously structured but within that structure there is room for individual tailoring since individual differences are very important for understanding what will help each client the most At the end of each lesson there is an exercise and a self assessment section that is there for clients to see if they have learned the important information If not it is a sign for them to go back over the material again Most people go over the lesson repeatedly In addition specific exercises are outlined at the end of each chapter **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 Mastery of Your Anxiety and Panic (MAP-3) David H.

Barlow, Michelle Genevieve Craske, 2004-11-11 Map III is a systematic cognitive behavioral program which uses behavioral self monitoring to increase awareness of circumstances that trigger panic symptoms Clients learn specific intervention skills including how to slow down physiological reactivity through breathing retraining and muscle relaxing training how to de catastrophise through actual prediction testing and how to lessen fearfulness through exposure to feared sensations in safe settings The Monitoring Forms for Agoraphobia accompany the Client Workbook for the Mastery of Your Anxiety and Panic ISBN 0195186974

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