







MARTIN M. ANTONY, Ph.D. MICHELLE G. CRASKE, Ph.D. DAVID H. BARLOW, Ph.D.



# **Mastery Of Your Specific Phobia Client Workbook**

**Martin M. Antony** 

## **Mastery Of Your Specific Phobia Client Workbook:**

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 tobe 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 itthrough exposures and changing their negative thoughts Mastery of Your Specific Phobia Martin M. Antony, 1995 Masterv 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 Mastery of Your Specific Phobia Oxford University Press, Martin M. Antony, Michelle G. Craske, David Monitoring Forms 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 Mastering Your Fears and Phobias Michelle G. Craske, Martin M. Antony, David H. Barlow, 2006-08-31 1 Introduction PART 1 Introduction to Specific Phobias and Their Treatment 2 Specific Phobias Phenomenology 3 Specific Phobias How do They Develop 4 Specific Phobias Learning About Your Specific Phobia PART 2 General Principles of Treatment for Specific Phobias 5 Specific Phobias Developing a Treatment Plan 6 Specific Phobias Changing Thoughts 7 Specific Phobias Preparing for Exposure 8 Specific Phobias Preparing for Exposure PART 3 Strategies and Ideas for Various Specific Phobias 9 Overcoming Blood Injection and Injury Phobias 10 Overcoming Claustrophobia 1 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 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 MSP program in the Client Workbook although writtenfor 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 A Guide to Self-Help Workbooks for Mental Health clients and solutions to problems that may arise in each chapter Clinicians and Researchers Luciano L'Abate, 2014-01-14 Never has the need for a compendium of self help workbooks been so great From the founder of the world's first PhD program in Family Psychology comes an extensive guide to nearly all of the mental health workbooks published through 2002 Placed together in one volume for the first time A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers includes reviews and evaluates the complexity of each workbook in regards to its form content and usability by the client From abuse to women s issues this annotated bibliography is alphabetized by author but can also be researched by subject While self help workbooks are currently not as popular or as mainstream as self help books and video that could soon change Self help workbooks are versatile cost effective and can be mass produced The workbook user is active rather than passive and the mental healthcare worker can analyze a more personal response from the user whether in the office or via the Internet A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers brings these workbooks together into one sourcebook to suit anyone s needs Each self help workbook is reviewed according to specific criteria contents structure specificity goal level of abstraction a subjective evaluation usually concludes the review of the workbook A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers also includes an in depth introduction discussing the need for workbooks in mental health practices indices for subject as well as author an address list of the publishing houses for the workbooks annotated in the bibliography an Informed Consent Form to verify compliance with ethical and professional regulations before administering a workbook to a client A Guide to Self Help Workbooks for Mental Health Clinicians and Researchers offers you a complete resource to self help workbooks for all mental health subjects Dr L Abate s highly selective review process helps you find exactly what you need This unique sourcebook is vital for mental health clinicians counselors schoolteachers and college and graduate students The Complete Adult Psychotherapy Treatment Planner David J. Berghuis, L. Mark Peterson, 2012-07-03 The

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their disorders Stories from patients will encourage and motivate both those suffering from mental illness and their Behavioral Integrative Care William T. O'Donohue, Michelle R. Byrd, Nicholas A. Cummings, Deborah A. caregivers Henderson, 2005-07-05 Integrated care is arguably one of the most important developments in the delivery of health care over the last few years This new approach to health care roughly defined as the provision of behavioral or mental health care in a way that is more coordinated with the primary medical healthcare setting has the focused goal of providing a more complete care for the patient This book focuses on three main content areas Firstly the treatment of psychological problems in the context of primary medical care will be addressed in several chapters Secondly several chapters address co morbid psychological factors that play a key role in the effective medical management of physical diseases either acute or chronic Finally several chapters address issues relevant to the overall practice of integrated care This book is intended to extend and bridge the existing literatures of integrated care behavioral medicine consultation liaison psychiatry medical cost offset and healthcare economics by providing a comprehensive and current handbook of the clinical protocols that might be applied to the practice of integrated care The Adolescent Psychotherapy Progress Notes Planner David J. Berghuis, L. Mark Peterson, William P. McInnis, Arthur E. Jongsma, Jr., 2011-02-10 As with the previous edition The Adolescent Psychotherapy Progress Notes Planner Third Edition helps mental health practitioners reduce the amount of time spent on paperwork by providing a full menu of pre written progress notes that can be easily and guickly adapted to fit a particular patient need or **Dual Disorders** Dennis C Daley, Howard B. Moss, 2009-07-31 The leading text on the biological and treatment situation psychological relationship between mental illness and addiction Dual Disorders contains important resources for individuals and their families Depression Schizophrenia Post traumatic stress disorder Millions of individuals diagnosed with psychiatric or emotional disorders must battle an equally menacing and powerful disease chemical dependency First published in 1993 Dual Disorders is the leading text on the biological and psychological relationship between mental illness and addiction The third edition of this Hazelden best seller includes the latest research information about medications and an explanation of diagnostic criteria Key features and benefits outlines the relationship between chemical dependency and psychiatric disorders contains important resources for chemically dependent individuals and their families and presents practical relapse Practitioner's Guide to Evidence-Based Psychotherapy Jane E. Fisher, William prevention strategies O'Donohue, 2006-11-24 This book is to help clinical psychologists clinical social workers psychiatrists and counselors achieve the maximum in service to their clients Designed to bring ready answers from scientific data to real life practice The guide is an accessible authoritative reference for today's clinician There are solid quidelines for what to rule out what works what doesn't work and what can be improved for a wide range of mental health problems. It is organized alphabetically for quick reference and distills vast amounts of proven knowledge and strategies into a user friendly hands on reference The Anxiety and Phobia Workbook Edmund J. Bourne, 2011-01-02 The Anxiety and Phobia Workbook has already helped over one

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