

[DOWNLOAD](#)

## Cognitive-Behavioral Group Therapy for Social Phobia: Basic Mechanisms and Clinical Strategies (Hardback)

By Professor of Psychology Director of Clinical Training and Director of the Adult Anxiety Clinic  
Richa, Robert E Becker

Guilford Publications, United States, 2002. Hardback. Book Condition: New. 226 x 155 mm. Language: English . Brand New Book. This volume presents the first published manual for cognitive-behavioral group therapy for social phobia (CBGT), an empirically supported treatment approach that has been applied in clinical and research settings for over 20 years. Part I provides an up-to-date overview of the disorder, addressing such issues as classification, diagnosis, prevalence and comorbidity. A comprehensive cognitive-behavioral model of social phobia is delineated, and assessment procedures are described in depth. Part II takes the clinician step by step through implementing each of the 12 sessions of CBGT. The authors demonstrate how to orient clients to the approach; implement in-session exposures, cognitive restructuring techniques, and homework assignments; and overcome stumbling blocks in treatment. Filled with helpful clinical pointers, case examples, and therapist-client dialogues, the book also includes handy sample handouts and forms.



[READ ONLINE](#)  
[ 8.86 MB ]

### Reviews

*This created pdf is fantastic. Indeed, it can be perform, nonetheless an interesting and amazing literature. Its been developed in an remarkably straightforward way and is particularly simply following i finished reading this publication by which in fact altered me, alter the way i really believe.*

*-- Amanda Hand Jr.*

*A must buy book if you need to adding benefit. Of course, it is actually perform, still an interesting and amazing literature. I am delighted to explain how this is basically the best book i actually have read through during my individual life and may be he best book for at any time.*

*-- Jarod Bartoletti*