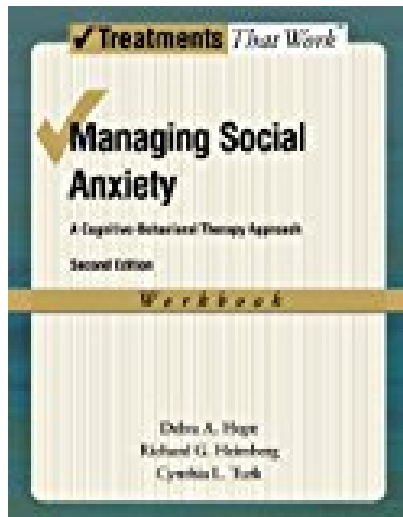


# Managing Social Anxiety A Cognitive-Behavioral Therapy Approach Treatments That Work

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## BOOK DETAILS

- Author : Debra A. Hope
- Pages : 239 Pages
- Publisher : Oxford University Press
- Language : English
- ISBN : 0195336690

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## **BOOK SYNOPSIS**

This is a client workbook for those in treatment or considering treatment for social anxiety. This program has met the American Psychological Associations Division 12 Task Force criteria for empirically-supported treatments. Clients will learn how social anxiety interferes with the achievement of life goals. The workbook includes information about a variety of interventions, such as exposure, cognitive re-framing, and medication.

### **MANAGING SOCIAL ANXIETY A COGNITIVE-BEHAVIORAL THERAPY**

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