

## Mastery Of Your Anxiety And Worry Workbook

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Now in its 4th edition, **Mastery of Your Anxiety and Panic**. Workbook has been updated to include strategies and techniques for dealing with both panic disorder and agoraphobia. The program outlined is based on the principles of cognitive-behavioral therapy (CBT) and is organized by skill, with each chapter building on the one before it.

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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.

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Written by renowned therapists, this Workbook includes all the information patients need to learn the appropriate skills to combat anxiety and worry. For use in conjunction with supervised therapy, this online guide helps patients become an active participant in treatment. It includes user-friendly devices to help overcome excessive worry, such as self-assessment quizzes, homework exercises ...

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1. The Nature of Panic Disorder and Agoraphobia 2. Learning to Record Panic and Anxiety 3. Negative Cycles of Panic and Agoraphobia 4. Panic Attacks are Not Harmful 5. Establishing Your Hierarchy of Agoraphobia Situations 6. Breathing Skills 7. Thinking Skills 8. Facing Agoraphobia Situations 9. Involving Others 10. Facing Physical Symptoms 11.

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If you are interested in further training and information about Exposure, you may also be interested in our online learning courses Foundations of Exposure Therapies and Mastery of Anxiety and Panic for Adolescents with the accompanying manual by Donna B Pincus, Jill T Ehrenreich, and Sara G Mattis.

### **TTW: Mastery of Your Anxiety and Worry, 2nd Ed. (Therapist ...**

Though panic disorder seems irrational and uncontrollable, it has been proven that a treatment like the one outlined in this book can help you take control of your life.Now in its 4th edition,...

### **Mastery of Your Anxiety and Panic: Workbook - David H ...**

**Mastery of Your Anxiety and Worry: Therapist Guide** This Therapist Guide is designed to be used in conjunction with the accompanying Workbook, and is for practising mental health professionals who treat adult clients diagnosed with Generalised Anxiety Disorder and/or excessive worry.

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Clear, very thorough, and practical. The therapist's guide provides the most detailed and yet easy to read explanations of such topics as hyperventilation, hypoglycemia, the adrenalin response and many other topics and how they contribute to anxiety and panic; and equally important, how to correct their effects.