



Anxiety Disorders: The Go-To Guide for Clients and Therapists (Go-To Guides for Mental Health)

Carolyn Daitch

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A comprehensive and accessible book on anxiety for clients and therapists alike.

Anxiety disorders are the number-one psychiatric problem in the United States, yet many clients who suffer from anxiety do not get effective counseling, and they often end therapy without successful amelioration of their symptoms. Carolyn Daitch, a seasoned therapist and award-winning author, has found that clients benefit most when they are active participants in their therapy, and should be knowledgeable about anxiety disorders to facilitate this process. For the benefit of both therapists and clients, she covers the ins and outs of the anxiety disorders—Generalized Anxiety Disorder, Panic Disorder, Specific Phobias, Social Anxiety Disorder, and Obsessive Compulsive Disorder—and offers numerous case examples of those who have sought treatment for these disorders and learned to manage them. For each type of anxiety disorder, she details specific treatment options and techniques, explaining which are best suited to individual use, and which are better done in collaboration with a therapist. Engaging, comprehensive, and reassuring, this is an essential Go-To Guide.

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