

Cognitive Therapy of Anxiety Disorders: A Practice Manual and Conceptual Guide

By Adrian Wells

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Cognitive therapies are based on the idea that behavior and emotions result largely from an individual's appraisal of a situation, and are therefore influenced by that individual's beliefs, assumptions and images. This book is a comprehensive guide to cognitive therapy of anxiety disorders.

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Editorial Review

Review
.."an excellent section on GAD and the metacognitive approach..."
(The Observer, 14 October 2001)

From the Publisher
Provides an up-to-date account and state-of-the-art methods in cognitive therapy for the treatment of anxiety disorders. The author draws on his vast experience of cognitive therapy and work in anxiety disorders, to give the reader new and detailed accounts and strategies. It also offers practical advice on designing and executing cognitive experiments, home work tasks, and verbal re-attribution methods.

From the Back Cover
All mental health clinicians and professionals, in practice and training, will welcome this concise and practical book which provides

- a detailed account of cognitive models, including new perspectives
- state-of-the-art applications of cognitive therapy
- case examples demonstrating the real world application of techniques
- specific coverage of major categories of anxiety disorders
- knowledge based on very substantial treatment and outcome experience

This book emphasises the design and implementation of ?pure? cognitive therapy interventions. There are general sections on assessment and basic cognitive therapy skills, as well as practical advice on designing and executing behavioural experiments, homework tasks, and verbal re-attribution methods. A useful appendix includes questionnaires and outcome measures, and a selection of material that can be copied for patients. "Adrian Wells provides here a comprehensive overview of the cognitive model of anxiety disorders and illustrates how detailed, disorder-specific cognitive conceptualizations inform the choice of therapeutic interventions. The book incorporates the most up-to-date theory of anxiety disorders, much of it originated by the author. Dr Wells provides an array of effective, user-friendly cognitive techniques and vivid case examples. Students and seasoned therapists will find this volume valuable." Aaron T. Beck

Users Review

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Richard Reardon:

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Latasha Hisle:

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