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Anxiety Disorders (Wiley Concise Guides to Mental Health)

Larina Kase, Deborah Roth Ledley

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The new quick reference for understanding anxiety disorders

The *Wiley Concise Guides to Mental Health: Anxiety Disorders* uses clear, highly accessible language to comprehensively guide the reader through the most frequently diagnosed mental health problem-anxiety-and its related issues. This concise, informative reference provides a complete history of the field, conceptualization, assessment, diagnosis, treatment, cutting-edge research, and other critical information.

Like all the books in the *Wiley Concise Guides to Mental Health Series, Anxiety Disorders* features a compact, easy-to-use format that includes:

- Vignettes and case illustrations
- A practical approach that emphasizes real-life treatment over theory
- Resources for specific readers such as clinicians, students, and patients

After discussing the conceptualization and assessment of anxiety disorders, Anxiety Disorders covers treatment with sections on client psychoeducation, cognitive tools, in vivo and imaginal exposure, cognitive behavioral therapy (CBT) techniques, and termination and relapse prevention. Additional issues covered include other treatment approaches; working with children and adolescents; working in group, family, and couples therapy settings; supervision; and concerns and challenges for the clinician. Useful to practitioners as an on-the-shelf resource and to students as a complete overview, the *Wiley Concise Guides to Mental Health: Anxiety Disorders* provides a complete and quick reference for the diagnosis and treatment of anxiety disorders.

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