



## Generalized Anxiety Disorder (Paperback)

By Craig D. Marker, Alison G. Aylward

Hogrefe Publishing, Canada, 2014. Paperback. Condition: New. Language: English . Brand New Book. After briefly outlining theoretical models, this clear and concise book presents an integrative, up-to-date treatment protocol for GAD. Suitable both for practitioners and for students, it guides readers through assessment and differential diagnosis, etiological models such as cognitive avoidance, positive beliefs about worry, and intolerance of uncertainty, and treatment techniques. The therapeutic approach described here integrates techniques from CBT, mindfulness- and acceptance-based therapy, as well as motivational interviewing. This practical volume is rounded off by case vignettes, handouts, questionnaires, and other useful tools.



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### Reviews

*This publication is really gripping and exciting. It really is basic but unexpected situations in the 50 % in the book. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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