



Treating Health Anxiety: A Cognitive-Behavioral Approach

By Steven Taylor, Gordon J. G. Asmundson

Guilford Publications. Hardback. Book Condition: new. BRAND NEW, Treating Health Anxiety: A Cognitive-Behavioral Approach, Steven Taylor, Gordon J. G. Asmundson, Grounded in current theory and treatment research, this highly practical book presents a comprehensive framework for assessing and treating health anxiety, including full-blown and milder (subclinical) forms of hypochondriasis. The current state of knowledge about these prevalent and costly problems is reviewed, and assessment methods and empirically supported treatments described. Clear, step-by-step recommendations are provided for engaging patients or clients, implementing carefully planned cognitive and behavioural interventions, and troubleshooting potential pitfalls. Important advances in pharmacotherapy for persons with health anxiety disorders are also discussed. Enhancing the utility of this clinician and student-friendly resource are numerous case examples and sample dialogues, quick-reference tables and boxed material, and over twenty reproducible handouts and assessment forms.



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Reviews

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