

Research Paper On Phobias

Fears and Phobias Academic Press

How to Design and Report Experiments is the perfect textbook and guide to the often bewildering world of experimental design and statistics. It provides a complete map of the entire process beginning with how to get ideas about research, how to refine your research question and the actual design of the experiment, leading on to statistical procedure and assistance with writing up of results. While many books look at the fundamentals of doing successful experiments and include good coverage of statistical techniques, this book very importantly considers the process in chronological order with specific attention given to effective design in the context of likely methods needed and expected results. Without full assessment of these aspects, the experience and results may not end up being as positive as one might have hoped. Ample coverage is then also provided of statistical data analysis, a hazardous journey in itself, and the reporting of findings, with numerous examples and helpful tips of common downfalls throughout. Combining light humour, empathy with solid practical guidance to ensure a positive experience overall, Designing and Reporting Experiments will be essential reading for students in psychology and those in cognate disciplines with an experimental focus or content in research methods courses.

Mastery of Your Fears and Phobias, Second Edition, Workbook outlines a cognitive-behavioral treatment program for individuals who suffer from specific fears and phobias, including fear of blood, heights, driving, flying, water, and others. The program described in this workbook has proved to be the most effective treatment available for fears and phobias to date. It has a success rate of up to 90% with as little as one treatment session. Based on the principles of cognitive-behavioral therapy (CBT), this workbook teaches clients about the nature of their fear and how to overcome it through exposures and changing their negative thoughts. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! ? All programs have been rigorously tested in clinical trials and are backed by years of research ? A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date ? Our books are reliable and effective and make it easy for you to provide your clients with the best care available ? Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated ? A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources ? Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

An accessible book on phobias and how to overcome them. Phobia: an irrational, intense, persistent fear of certain situations, activities, things or people. Here, a psychologist discusses over 100 phobias. Beginning with the current theories about phobias, the book has a complete listing of the most common phobias, each with a full history and description, with the most effective ways to cope. Interesting, jargon-free and full of insight, it sheds light on this widespread condition. ? Informal and informative ? Combination of reading and dictionary format for quick reference ? Full advice on how to cope with phobias

Document from the year 2018 in the subject Medicine - Medical Frontiers and Special Areas, grade: 1, Egerton University, language: English, abstract: This case study report provides a comprehensive discussion based on the psychological construction of emotions through the application of behavioral and cognitive theory in analyzing the given case study. Phobia is increasingly becoming a central point of attraction

in the field of emotion research. Research psychologists are interested in generating more evidence to reconcile the wide differences that exist from the current findings. From a critical perspective, consensus on the basis of fear or phobia appears to be unlikely in the foreseeable future. This is attributable to the fact that psychologists perceive phobia as a psychological construct, whereas biologists argue fear to be an aspect that is discoverable through scientific inquiry. Another aspect that has contributed to the controversy surrounding research on phobia is the lack of consensus on how to investigate this emotion. Despite these controversies, clinical scientists are still engaged in intensive research on fear as an underlying aspect in mood and anxiety disorders. From a real-life perspective, phobias are not new in animals, including humans. As such, Adolphs perceives fear to be a central state of organisms.

Combining popular appeal with accessibly written entries suitable for research projects, this fascinating encyclopedia provides a thorough introduction to the psychological and scientific aspects of phobias.

- Provides scientifically grounded, accessibly written content contributed by current leading researchers and clinicians in the area of phobias and anxiety disorders
- Covers a variety of the most common specific phobias, including fears of spiders, enclosed spaces, snakes, and heights
- Includes illustrative examples and case vignettes to bring the subject matter to life
- Supplies comprehensive coverage of scientific and clinical perspectives, with attention to historical, cultural, and popular contexts
- Enables readers to trace the history, theories, and practices associated with the study and treatment of phobias

This hands-on manual from Leigh McCullough and associates teaches the nuts and bolts of practicing short-term dynamic psychotherapy, the research-supported model first presented in *Changing Character*, McCullough's foundational text. Reflecting the ongoing evolution of the approach, the manual emphasizes "affect phobia," or conflict about feelings. It shows how such proven behavioral techniques as systemic desensitization can be applied effectively within a psychodynamic framework, and offers clear guidelines for when and how to intervene. Demonstrated are procedures for assessing patients, formulating core conflicts, and restructuring defenses, affects, and relationship to the self and others. In an easy-to-use, large-size format, the book features a wealth of case examples and write-in exercises for building key clinical skills. The companion website (www.affectphobiatherapy.com) offers useful supplemental resources, including Psychotherapy Assessment Checklist (PAC) forms and instructions.

First published in 1992. Routledge is an imprint of Taylor & Francis, an informa company.

Project Report from the year 2015 in the subject English - Pedagogy, Didactics, Literature Studies, grade: A, University of Information Technology & Sciences, course: Bachelor of Arts in English, language: English, abstract: Decreasing the phobia of English as a subject has been an important issue for the teachers to bring excellent outcome from the students. Since the beginning of language teaching in Bangladesh, phobia of English has become a critical problem for the students as well as teachers. My intention is to find out the reason of the phobia of English language by analyzing obtained data as well as to suggest some tips for decreasing the phobia. I will conduct my research on high school level students and try to identify the major causes of phobia among the phobic students.

Building on pioneering animal studies, and making use of new, noninvasive techniques for studying the human brain, research on the human amygdala has blossomed in recent years. This comprehensive volume brings together leading authorities to synthesize current knowledge on the amygdala and its role in psychological function and dysfunction. Initial chapters discuss how animal models have paved the way for work with human subjects. Next, the book examines the amygdala's involvement in emotional

processing, learning, memory, and social interaction. The final section presents key advances in understanding specific clinical disorders: anxiety disorders, depression, schizophrenia, autism, and Alzheimer's disease. Illustrations include more than 25 color plates.

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. AARP Face Your Fears shows you how to reclaim your life from crippling anxiety with a revolutionary step-by-step approach. Nearly a third of all people will suffer from severe or debilitating fears—phobias, panic attacks, obsessions, worries, and more—over the course of a lifetime. Now Dr. David Tolin—a renowned psychologist and scientist at the Institute of Living and Yale featured on such programs as The OCD Project, Hoarders, The Dr. Oz Show, and Oprah—offers help for nearly every type of anxiety disorder. Dr. Tolin explains what fear really is, why you should face—not avoid—your fear, and how to beat your fear using gradual exposure techniques. Practical action steps and exercises help you learn this unique approach to facing fear without crutches or other unhelpful things found in many other programs in order to achieve a life that is free of debilitating anxieties. Self-help guide that gives you the tools to take charge and overcome your fears Written by a leading authority on anxiety and based on the latest research Provides a practical, step-by-step plan for beating many different kinds of fears—including social anxiety, posttraumatic stress disorder (PTSD), obsessive-compulsive disorder, panic disorder, and phobias AARP Face Your Fears will change the way you think about fear and what to do about it. This up-to-date, evidence-based, and user-friendly self-help guide to beating phobias and overcoming anxieties walks you step by step through the process of choosing courage and freedom over fear.

Childhood anxiety disorders represent one of the most common psychological disorders found among the general population. They can be serious, distressful, and functionally impairing, so much so that there has been an explosion of interest in their treatment, primarily from pharmacological and cognitive-behavioral perspectives. Addressing these perspectives is the Second Edition of Child Anxiety Disorders. Beidel and Alfano pay close attention to new pharmacological and psychological interventions as well as multi-center trials that compare single and combined treatment modalities. Additionally, they include new case studies, sections on stability of childhood fears and the longitudinal course of anxiety disorders, and a new chapter on sleep and anxiety disorders. Written on the cusp of newly published information and studies, Child Anxiety Disorders is relevant, informative, and indispensable.

An informative look at phobias draws on examples from literature, history, and personal memoirs to analyze these obsessional fears, examines various theories regarding their causes, answers frequently asked questions about phobias, and discusses a variety of potential treatment options. Reprint. 12,500 first printing.

Social Phobia: Clinical and Research Perspectives is devoted to social phobia, a disorder finally receiving due attention. Each chapter author is an authority in the field and provides up-to-date reviews of his or her particular topic, illustrated by specific, detailed case examples. Diagnostic and measurement instruments important for research and clinical practice are also examined. The book is devoted to etiology and treatment, including reviews of competing psychodynamic, behavioral, and neurological

theories. Students and teachers will benefit from the incisive, concise critiques of treatment. Clinicians will find the state-of-the-art reviews of current and future treatments invaluable. A how-to chapter on cognitive-behavioral group therapy is a unique element of the book.

This handbook shows the wide perspective cognitive-behavioural treatment can offer to health professionals, the vast majority of whom now recognize that cognitive behavioural procedures are very useful in treating many 'mental' disorders, even if certain disciplines continue to favour other kinds of treatment. This book offers a wide range of structured programmes for the treatment of various psychological/psychiatric disorders as classified by the DSM-IV. The layout will be familiar to the majority of health professionals in the description of mental disorders and their later treatment. It is divided into seven sections, covering anxiety disorders, sexual disorders, dissociative, somatoform, impulse control disorders, emotional disorders and psychotic and organic disorders. Throughout the twenty-three chapters, this book offers the health professional a structured guide with which to start tackling a whole series of 'mental' disorders and offers pointers as to where to find more detailed information. The programmes outlined should, it is hoped, prove more effective than previous approaches with lower economic costs and time investment for the patient and therapist.

Phobias A Handbook of Theory, Research and Treatment Edited by Graham C. L. Davey University of Sussex, UK * A complete summary of current knowledge about phobias, for the academic and clinician * First comprehensive handbook on the topic for 10 years * The latest research and findings presented in a single source * Contributions from eminent international clinicians and researchers Psychological treatments available for specific phobias have been refined considerably in recent years. This extensive handbook acknowledges these treatments and includes the description and nature of prevalent phobias, details of symptoms, prevalence rates, individual case histories, and a brief review of our knowledge of the aetiology of phobias. Key knowledge about phobias is brought together in this one critical and accessible handbook, which saves the busy clinician time and provides an authoritative guide to the literature. It is systematically compiled to act as a working tool providing an integrated, contemporary account of prevalent specific phobias, their treatment and theoretical issues concerning aetiology. The Handbook also reflects the important role of cognitive factors in psychopathology which generate and maintain phobic disorders, a process that is now recognized as important in their understanding and treatment. "The joy of Davey's book is that it skillfully blends the historical conditioning theory perspective with current cognitive-behaviour theories . the result is a complete summary of current knowledge about phobias, for clinicians and researchers . an invaluable handbook and an essential summary of the status of theory, research and treatment in phobias. It is highly recommended to researchers and to both novice and experienced clinicians." Roz Shafran, Behaviour Research and Therapy

Combining popular appeal with accessibly written entries suitable for research projects, this fascinating encyclopedia provides a thorough introduction to the psychological and scientific aspects of phobias.

The experience of fear and stress leaves an indelible trace on the brain. This indelible trace is observed as both changes

in behavior and changes in neuronal structure and function. Fear and stress interact on many levels. The experience of stress may lead to the formation of a fearful memory trace of a place or reminder cue, and fearful memory formation is regulated by the extent of concurrent stress. The concurrent experience of fear and stress may amplify fear and slow fear extinction which may lead to pathology. Fear memory formation involves changes in synaptic plasticity while stress and glucocorticoids change neuronal structure. Thus, both neurons and synapses are changed. These changes can be identified, visualised and mapped within focused microcircuits. In this Research Topic we focus on current advances in both the neurobiology and behavioral consequences of fear and stress.

Outcome research has identified exposure-based intervention as a promising approach to treating specific phobias, the most common of anxiety disorders. In session-by-session format, Drs. Bruce and Sanderson introduce key concepts and their clinical applications, demonstrating and illustrating the protocol with ongoing vignettes. With this hands-on guide to techniques for delivering exposure-based therapy, clinicians can confidently add the approach to their repertoires of treatments that work.

This volume reports in four sections the most recent developments of treatments in anxiety disorders. The current well-elaborated, though partly controversial, behavioral, cognitive, psychophysiological, and biological concepts for treatment of anxiety disorders are carefully evaluated (Part I). Part II discusses results of the short- and long-term effectiveness of the respective treatment methods, their side effects, and failures. Promising new basic-experimental and clinical studies from twenty research centers in Europe, Australia, and the United States shed new light on the relevant behavioral and biological variables and mechanisms involved in the development (Part III) as well as in the course and outcome of anxiety disorders (Part IV). Thus, for the clinician as well as for the researcher, this book provides the most up-to-date information about the current state of treatment-relevant research in panic and phobias.

Overcome Your Fear of Doctors, Blood, Needles, and More-You Can Do It! Does even the thought of a visit to the doctor's office start your heart racing? You're not alone. Some 30 million of us have a significant fear of doctors, dentists, medical procedures, blood, needles, and so forth. These fears might already have inconvenienced you, but if you're avoiding necessary medical attention, you could be putting yourself in great physical danger. But you don't have to live with these fears anymore. This book can help you overcome your medical phobia, maybe in less time that you ever thought possible. Start by learning about your fears, where they might come from, what factors influence them, and how you can best prepare to overcome them. Then you'll gradually and safely confront your specific fears. The book also includes information about avoiding relapse so you can maintain your progress, as well as steps for helping someone you care about who suffers from a medical phobia. Learn about your fears, how they may have begun, and the methods used

to treat them Prepare for treatment, either on your own or with the help of a professional Explore exposure-based strategies for overcoming your fears Learn strategies to prevent fainting Plan relapse-prevention strategies to maintain your progress Engage your family and friends as sources of support

Essays discuss the history of phobias, recent research, and such phobias as panic attacks and agoraphobia, and suggests ways to overcome fears.

Fears and Phobias reviews and synthesizes the different viewpoints of learning theory, psychoanalysis, ethology, and clinical psychiatry with regards to fears and phobias. The causes and treatment of phobias are examined, with due regard for relevant biological and psychological issues. Topics covered range from the etiology of fear to clinical syndromes such as agoraphobic syndrome, animal phobias, social phobias, illness phobias, and obsessive phobias. Comprised of four chapters, this book begins with an overview of the historical aspects of phobias and the components of phobias, followed by a discussion on the etiology of fear. Experimental studies on fear that focus on innateness, maturation, and learning are examined, together with genetic aspects of timidity; the kinds of situations that are feared; and the physiology and learning of fear. The next chapter deals with clinical syndromes and the classification of phobic disorders such as the agoraphobic syndrome, specific animal phobias, and social phobias, along with illness phobias, obsessive phobias, autonomic equivalents to phobic disorders, and children's fears and phobias. The final chapter is devoted to prevention and treatment of phobias, including desensitization, and psychiatric management of phobic patients. This monograph will be of interest to psychiatrists and psychologists.

Phobias are increasingly common amongst the general population, sometimes resulting in a very significant social disability and burden for the family. Most cases remain undiagnosed, and many of those which are diagnosed are treated inappropriately. Written by internationally renowned psychiatrist, Mario Maj, this book provides an update of research evidence and clinical experience concerning agoraphobia, social phobia and specific phobias.

Phobias revealed and explained.

Recent breakthroughs in the study and treatment of anxiety are empowering countless people to find relief from chronic fears, worrying, phobias, and obsessions. This inviting workbook shows how. The state-of-the-art program presented here is grounded in cognitive-behavioral therapy, the most effective treatment for anxiety. No matter what type of anxiety problem you suffer from, leading experts Drs. Martin M. Antony and Peter J. Norton provide an unrivaled toolkit of proven strategies to help you: *Understand what anxiety is and how it gets out of control *Identify your anxiety triggers *Change the beliefs and behaviors that make symptoms worse *Develop a safe, gradual plan for confronting feared situations *Learn the facts about medications and herbal remedies *Achieve a new level of calm with relaxation and meditation techniques *Find the right professional help, if and when you need it Vivid examples and user-friendly worksheets (you can download and print additional copies as needed) guide you to put the book's science-based techniques into action. Effective problem-solving

tips ease you through the rough spots in recovery. If you're ready to take back your life from anxiety, you've come to the right place.

Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

Mastery of Your Fears and Phobias, Second Edition, Workbook outlines a cognitive-behavioral treatment program for individuals who suffer from specific fears and phobias, including fear of blood, heights, driving, flying, water, and others. The program described in this workbook has proved to be the most effective treatment available for fears and phobias to date. It has a success rate of up to 90% with as little as one treatment session. Based on the principles of cognitive-behavioral therapy (CBT), this workbook teaches clients about the nature of their fear and how to overcome it through exposures and changing their negative thoughts. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

Social anxiety disorder is persistent fear of (or anxiety about) one or more social situations that is out of proportion to the actual threat posed by the situation and can be severely detrimental to quality of life. Only a minority of people with social anxiety disorder receive help. Effective treatments do exist and this book aims to increase identification and assessment to encourage more people to access interventions. Covers adults, children and young people and compares the effects of pharmacological and psychological interventions. Commissioned by the National Institute for Health and Clinical Excellence (NICE). The CD-ROM contains all of the evidence on which the recommendations are based, presented as profile tables (that analyse quality of data) and forest plots (plus, info on using/interpreting forest plots). This material is not available in print anywhere else.

Isaac Marks, Institute of Psychiatry, London Human emotion seems to have changed Westphal's perceptive label. Many factor analytic studies in Europe and the USA since DSM-III burst on the world in 1980. The mere fear or anxiety that people used showed that fears of public places are salient in this problem, and that such agora to feel has been transformed into dramatic phobic panic and avoidance was also frequent panic attacks, and it has become vital to know whether 3 of these occurred over the quently accompanied by other nonphobic (nonsituational) features like tonic tension last 3 weeks. A rash of papers has appeared proving that 'panic disorder' is a disease and phasic panics independent of any with a specific genetic background, child special cue, depression and depersonal hood antecedents, biological markers, and ization. Unlike agoraphobia, panic is a pharmacological treatment. With alacrity rather nonspecific term. Spontaneous panic 'panic disorder' has been clutched to the is almost as frequent in anxious depression psychiatric bosom as proof of our medical as in panic disorder, while phobic panic is a identity. hallmark of nearly all severe phobias, be Alas, we have been here before. Did not they specific, social or agoraphobias.

Whether you suffer from panic attacks or feelings of crippling dread, Introducing Overcoming Phobias offers proven techniques to help you break down your fears into manageable parts. Psychologist Patricia Furness-Smith teaches the reader to understand their phobias and remove the anxiety surrounding them. STAND UP TO FEAR and increase your self-confidence. UNDERSTAND PANIC ATTACKS so that

the symptoms no longer frighten you. CONTROL THE FIGHT OR FLIGHT RESPONSE and free yourself from avoidance behaviours. Fear is a powerful emotion and a formidable spur to action, a source of worry and – when it is manipulated – a source of injustice. Manufacturing Phobias demonstrates how economic and political elites mobilize fears of terrorism, crime, migration, invasion, and infection to twist political and social policy and advance their own agendas. The contributors to the collection, experts in criminology, law, sociology, and politics, explain how and why social phobias are created by pundits, politicians, and the media, and how they target the most vulnerable in our society. Emphasizing how social phobias reflect the interests of those with political, economic, and cultural power, this work challenges the idea that society's anxieties are merely expressions of individual psychology. Manufacturing Phobias will be a clarion call for anyone concerned about the disturbing consequences of our culture of fear.

Specific Phobia is the most commonly occurring anxiety disorder with approximately 12.5% of the general population reporting at least one specific phobia during their lives. People may fear heights, flying, spiders, blood, water, and any other number of circumscribed objects or situations. Research has shown the most effective treatment for these fears and phobias is an exposure-based, cognitive-behavioral program. Written by renowned researchers, this Therapist Guide provides you with all the information you need to help your clients ease their anxiety and conquer their fears. Whether they are afraid of dentists, dogs, or driving, you can teach your clients the necessary skills to overcome their phobia in as little as a few weeks. The strategies outlined in this book include exposure exercises and cognitive restructuring techniques. The corresponding Workbook includes blank forms and records for tracking progress and allows the client to extend the therapeutic experience outside of the office. Together, both books form a comprehensive package that has proven to be the most effective and successful treatment available for specific phobia. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

The definitive treatment textbook in psychiatry, this fifth edition of Gabbard's *Treatments of Psychiatric Disorders* has been thoroughly restructured to reflect the new DSM-5® categories, preserving its value as a state-of-the-art resource and increasing its utility in the field. The editors have produced a volume that is both comprehensive and concise, meeting the needs of clinicians who prefer a single, user-friendly volume. In the service of brevity, the book focuses on treatment over diagnostic considerations, and addresses both empirically-validated treatments and accumulated clinical wisdom where research is lacking. Noteworthy features include the following: Content is organized according to DSM-5® categories to make for rapid retrieval of relevant treatment information for the busy clinician. Outcome studies and expert opinion are presented in an accessible way to help the clinician know what treatment to use for which disorder, and how

to tailor the treatment to the patient. Content is restricted to the major psychiatric conditions seen in clinical practice while leaving out less common conditions and those that have limited outcome research related to the disorder, resulting in a more streamlined and affordable text. Chapters are meticulously referenced and include dozens of tables, figures, and other illustrative features that enhance comprehension and recall. An authoritative resource for psychiatrists, psychologists, and psychiatric nurses, and an outstanding reference for students in the mental health professions, Gabbard's *Treatments of Psychiatric Disorders, Fifth Edition*, will prove indispensable to clinicians seeking to provide excellent care while transitioning to a DSM-5® world.

This book carries the Proceedings of the European Association for Behavioural and Cognitive Therapy conference held in Venice in September 1997 and is dedicated to the memory of Hans Eysenck. The EACBT conference provides a rare opportunity for a wide range of clinicians and researchers from all over Europe and the USSR to come together, resulting in a highly topical and valuable range of scientific presentations. The Proceedings comprises over twenty papers addressing key subjects in terms of behavioural and cognitive therapy including panic, affective disorders, paraphilia, schizophrenia, PTSD, obsession and other psychological disorders. Of particular interest are chapters on the use of cognitive behaviour therapy versus supportive therapy in social phobia (Cottraux), the psychological treatment of paraphilias (De Silva), the theory and treatment of PTSD (Foa), the use of Diagnostic Profiling System in treatment planning (Freeman) and a cognitive theory of obsession (Rachman).

Through overviews, primary sources, and full color illustrations, this title examines how phobias affect people, how prevalent phobias are, the social impacts of them, and if they can be prevented.

Origins of Phobias and Anxiety Disorders

Whether it's dogs, spiders, blood, heights or some other fear, specific phobias are one of the most prevalent mental health problems, affecting as many as one in eight people. In recent years, cognitive-behavioral therapy (CBT) has emerged as particularly effective in treating young people and adults with specific phobias. And of these methods, one-session treatment stands out as a long-lasting, cost-effective intervention of choice. *Intensive One-Session Treatment of Specific Phobias* not only provides a summary of the evidence base, it also serves as a practical reference and training guide. This concise volume examines the phenomenology, epidemiology, and etiology of phobias, laying the groundwork for subsequent discussion of assessment strategies, empirically sound one-session treatment methods, and special topics. In addition, expert contributors address challenges common to exposure therapy, offer age-appropriate guidelines for treating young clients, and describe innovative computer-assisted techniques. Organized to be read individually or in sequence, chapters delve into key areas, including: Evidence-based assessment and treatment of specific phobias in

children, adolescents, and adults. One-session treatment theory and practice with children, adolescents, and adults. Handling difficult cases of specific phobias in youth. Interventions for specific phobias in special populations. Training and assessing therapists in one-session treatment. Ethical issues in considering exposure. Intensive One-Session Treatment of Specific Phobias is an essential resource for researchers, clinicians, and graduate students in child, school, clinical, and counseling psychology; social work; and general and special education.

These surveys provide valuable information for physicians and health policy planners and provide greater clarity on the global impact of mental illness and its undertreatment."--BOOK JACKET.

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