



Social Phobia: Clinical Application of Evidence-Based Psychotherapy

By Ronald M. Rapee, William C. Sanderson

Download now

Read Online 

Social Phobia: Clinical Application of Evidence-Based Psychotherapy By
Ronald M. Rapee, William C. Sanderson

Social fears are among the most common forms of anxiety in our society. Social phobia, the clinical syndrome, can seriously impact a person's life, increasing the risk of depression, substance abuse, and suicide, and reducing opportunities for social interaction, sustained relationships, and careers. The good news is that empirical evidence shows treatment for social phobia can be highly effective in producing change, and treatment that emphasizes the learning of new skills produces more change than simple education and/or medication. Rapee and Sanderson furnish a practical treatment program whose components are based on empirically validated techniques.

 [Download Social Phobia: Clinical Application of Evidence-Ba ...pdf](#)

 [Read Online Social Phobia: Clinical Application of Evidence- ...pdf](#)

Social Phobia: Clinical Application of Evidence-Based Psychotherapy

By Ronald M. Rapee, William C. Sanderson

Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson

Social fears are among the most common forms of anxiety in our society. Social phobia, the clinical syndrome, can seriously impact a person's life, increasing the risk of depression, substance abuse, and suicide, and reducing opportunities for social interaction, sustained relationships, and careers. The good news is that empirical evidence shows treatment for social phobia can be highly effective in producing change, and treatment that emphasizes the learning of new skills produces more change than simple education and/or medication. Rapee and Sanderson furnish a practical treatment program whose components are based on empirically validated techniques.

Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson Bibliography

- Sales Rank: #4072690 in Books
- Brand: Brand: Jason Aronson, Inc.
- Published on: 1998-04-01
- Original language: English
- Number of items: 1
- Dimensions: 9.38" h x .70" w x 6.44" l, .92 pounds
- Binding: Hardcover
- 170 pages

 [Download Social Phobia: Clinical Application of Evidence-Ba ...pdf](#)

 [Read Online Social Phobia: Clinical Application of Evidence- ...pdf](#)

Download and Read Free Online Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson

Editorial Review

Review

Drs. Rapee and Sanderson furnish a clear guide to self-monitoring, cognitive restructuring, social skills and assertiveness training, and exposure to the phobic situation, in a step-by-step manual that emphasizes the importance of the client-therapist relationship and allows for freedom of individual therapeutic style. A special section outlines a new technique, attention training, which helps clients to focus on the task at hand rather than on their anxiety over how their performance will be perceived. The book is an ideal blend of evidence-based theory with clinical application. (Carol Lindemann, Ph.D.)

Social phobia is severe and prevalent. Here, at last, is a treatment program with proven effectiveness. Developed by two of the leading clinicians/clinical scientists in the field and presented in an easy-to-use format, the program can be smoothly incorporated into the practice of any therapist who works with social anxiety. (David H. Barlow, Ph.D.)

Social Phobia delivers a complete cognitive-behavioral treatment package for shyness? a life-restricting form of anxiety. Therapists will appreciate Rapee and Sanderson's soup-to-nuts program, which includes assessment tools, homework sheets, sample therapist-patient dialogues, and advice on special treatment problems. Their structured and targeted approach will be especially valuable in this era of managed care. (Paul Foxman, Ph.D.)

About the Author

Ronald M. Rapee earned his Ph.D. from the University of New South Wales in Australia, and is currently Associate Professor in the Department of Psychology at Macquarie University, Sydney. Dr. Rapee has published extensively on child and adolescent anxiety in international journals and is the author and editor of several books.

William C. Sanderson, Ph.D., is Associate Professor of Psychiatry and Director of the Cognitive Behavior Therapy Program at Albert Einstein College of Medicine/Montefiore Medical Center in the Bronx, New York. Dr. Sanderson, who completed a clinical fellowship in cognitive therapy with Dr. Aaron Beck at the University of Pennsylvania and specializes in the treatment of anxiety and depressive disorders, has published two books and more than sixty articles and chapters. An appointed advisor to the DSM-IV Anxiety Disorders Work-group, he is currently a member of the Task Force on Psychological Interventions, APA Division of Clinical Psychology.

Users Review

From reader reviews:

Teddy Hathorn:

The book *Social Phobia: Clinical Application of Evidence-Based Psychotherapy* give you a sense of feeling enjoy for your spare time. You can use to make your capable more increase. Book can to get your best friend when you getting strain or having big problem with the subject. If you can make examining a book *Social Phobia: Clinical Application of Evidence-Based Psychotherapy* to get your habit, you can get far more advantages, like add your own personal capable, increase your knowledge about some or all subjects. You

may know everything if you like open and read a publication Social Phobia: Clinical Application of Evidence-Based Psychotherapy. Kinds of book are a lot of. It means that, science book or encyclopedia or some others. So , how do you think about this book?

Vicky Moore:

This Social Phobia: Clinical Application of Evidence-Based Psychotherapy are generally reliable for you who want to be considered a successful person, why. The explanation of this Social Phobia: Clinical Application of Evidence-Based Psychotherapy can be on the list of great books you must have is definitely giving you more than just simple reading through food but feed a person with information that might be will shock your before knowledge. This book is definitely handy, you can bring it all over the place and whenever your conditions in e-book and printed people. Beside that this Social Phobia: Clinical Application of Evidence-Based Psychotherapy forcing you to have an enormous of experience like rich vocabulary, giving you trial run of critical thinking that we understand it useful in your day activity. So , let's have it appreciate reading.

Robert Watts:

Is it anyone who having spare time after that spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something new? This Social Phobia: Clinical Application of Evidence-Based Psychotherapy can be the response, oh how comes? A book you know. You are consequently out of date, spending your time by reading in this brand new era is common not a geek activity. So what these ebooks have than the others?

Jennifer Wilson:

As we know that book is important thing to add our know-how for everything. By a book we can know everything we wish. A book is a set of written, printed, illustrated or maybe blank sheet. Every year has been exactly added. This e-book Social Phobia: Clinical Application of Evidence-Based Psychotherapy was filled concerning science. Spend your free time to add your knowledge about your technology competence. Some people has several feel when they reading some sort of book. If you know how big benefit of a book, you can experience enjoy to read a publication. In the modern era like currently, many ways to get book which you wanted.

Download and Read Online Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson #A3RD7L4C025

Read Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson for online ebook

Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson books to read online.

Online Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson ebook PDF download

Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson Doc

Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson Mobipocket

Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson EPub

A3RD7L4C025: Social Phobia: Clinical Application of Evidence-Based Psychotherapy By Ronald M. Rapee, William C. Sanderson