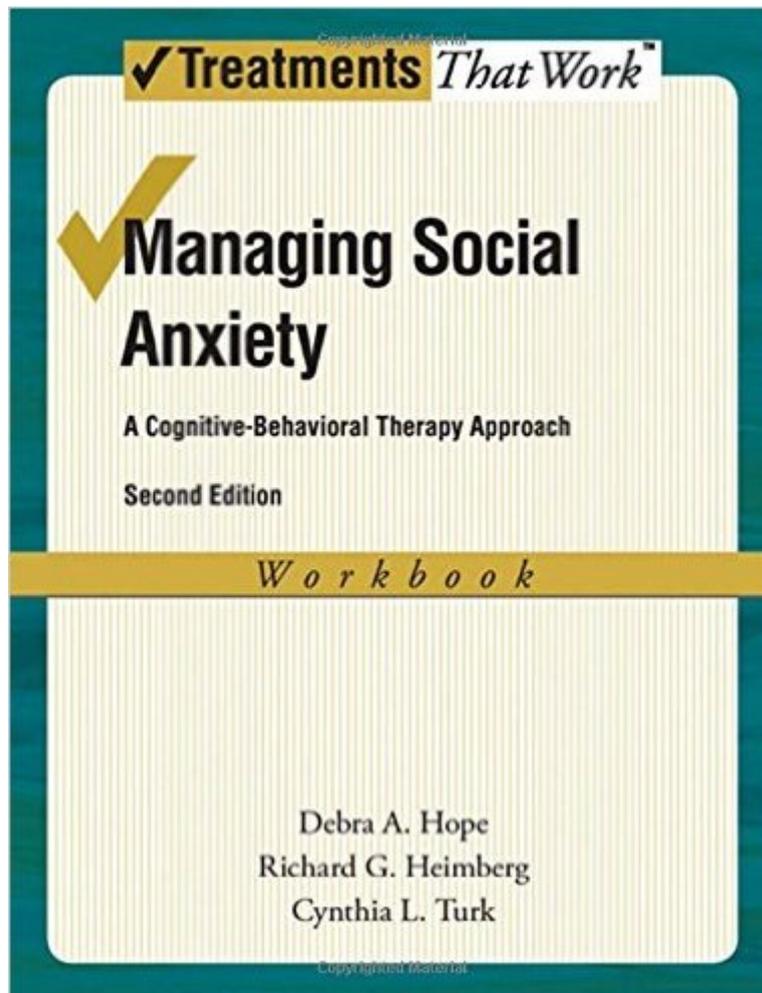


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# Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach (Treatments That Work)



## Synopsis

This revised workbook is designed for patients' use as they work, either with a qualified mental health professional or on their own, to manage social anxiety. Based on the principles of cognitive-behavioral therapy, the treatment program described is evidence-based and proven effective. Complete with user-friendly forms and worksheets, as well as relatable case examples and chapter review questions, this workbook contains all the tools necessary to help patients manage their anxiety and improve their quality of life.

## Book Information

Series: Treatments That Work

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## Customer Reviews

This book definitely has some useful exercises, but its specifically laid out to be completed with a therapist, unlike the description indicates, where it says its "for completion with a therapist OR on your own."It constantly tells you to go over things with your therapist and creates many questions that you would need or want to ask about (ironically, it makes you anxious). So, kind of useless for someone who is working on self help for some mild to moderate anxiety issues.If anxiety doesn't control your life and you don't feel you need to contact a therapist or aren't seeing one at this point, this book is probably too much for you. Seems more like a textbook your therapist would assign or recommend AFTER you've begun structured treatment and have a CBT plan, not something to be picked up on your own.

As a cognitive-behavioral therapist, I have used this workbook with several patients and highly recommend it to anyone who suffers from social anxiety. The techniques presented within it are effective for up to 90% of social anxiety sufferers and I can personally attest that they have proven highly effective for all of my social anxiety patients. Although best used in the course of treatment with a cognitive-behavioral therapist, individuals can easily employ the techniques presented on their own. This book not only presents an extremely clear overview of the link between thoughts, feelings, and behaviors, but also provides effective strategies for changing the way that you feel by challenging dysfunctional thoughts and changing behaviors. Within the second addition, Hope, Heimberg, & Turk present additional information about common types of dysfunctional thoughts.

The therapist guide is easily understood and followed. The information provided is an valuable asset to any clinician treating social phobia.

Very basic. Touches upon some facets of social anxiety but for a workbook such as this I was expecting more hands on, useful information to work with patients. I can create more up to date materials based on the research.

I have read every book available on Social Anxiety and this is the only book that has been a LIFE CHANGER. Follow the exercises and use the worksheets provided on a constant basis and YOU WILL move forward!

This workbook is easily understood and followed by the client. The information provided is invaluable for anyone living with social anxiety disorder. The companion therapist guide aligns perfectly with the workbook to provide an easily followed and administered treatment protocol.

This book, along with the companion therapist manual is an excellent resource for clinicians to work collaboratively with clients to increase tolerance of anxiety, increase confidence and self-efficacy. It is well organized, easy to use and a great tool for new therapists and more experienced therapists interested in working from an empirically supported treatment orientation. Highly recommended.

Excellent book. A lot of the treatments that work series has a very similar outline, and this one follows that, but it is a thicker book than the other manuals, has really excellent detailed examples, and I think is one of the top workbooks in the 'treatments that work' series.

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