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FX168R - JOSIE KELLEY

An authoritative, evidence-based overview of the health needs of people with intellectual disabilities and how to manage these needs appropriately.

"The book is primarily written for child mental health professionals, especially psychologists, psychiatrists, mental health nurses, social workers and psychotherapists as well as those training in these fields. The book will also be found helpful by paediatricians and general psychiatrists. It is suitable both for trainees and for those with a more advanced knowl-

edge of the subject"--Provided by publisher.

This state-of-the-art Handbook on the research and treatment of anxiety and related disorders is the most internationally and clinically oriented Handbook currently available, encompassing a broad network of researchers, from leading experts in the field to rising stars. The very first handbook to cover anxiety disorders according to the new DSM-5 criteria Published in two volumes, the International Handbook provides the most wide-ranging treatment of the state-of-the-art research in the anxiety

disorders Offers a truly international aspect, including authors from different continents and covering issues of relevance to non-Western countries Includes discussion of the latest treatments, including work on persistence of compulsions, virtual reality exposure therapy, cognitive bias modification, cognitive enhancers, and imagery re-scripting Covers treatment failures, transdiagnostic approaches, and includes treatment issues for children as well as the older population Edited by leaders in the field, responsible for some of the most important advances in our understanding

and treatment of anxiety disorders 2 Volumes

Mental disorders such as depression and anxiety are increasingly common. Yet there are too few specialists to offer help to everyone, and negative attitudes to psychological problems and their treatment discourage people from seeking it. As a result, many people never receive help for these problems. The Oxford Guide to Low Intensity CBT Interventions marks a turning point in the delivery of psychological treatments for people with depression and anxiety. Until recently, the only form of psychological intervention available for patients with depression and anxiety was traditional one-to-one 60 minute session therapy - usually with private practitioners for those patients who could afford it. Now Low Intensity CBT Interventions are starting to revolutionize mental health care by providing cost effective psychological therapies which can reach the vast numbers of people with depression and anxiety who did not previously have access to effective psychological treatment. The Oxford Guide to Low Intensity CBT Interventions is the first book to provide a comprehensive guide to Low Intensity CBT interventions. It

brings together researchers and clinicians from around the world who have led the way in developing evidence-based low intensity CBT treatments. It charts the plethora of new ways that evidence-based low intensity CBT can be delivered: for instance, guided self-help, groups, advice clinics, brief GP interventions, internet-based or book-based treatment and prevention programs, with supported provided by phone, email, internet, sms or face-to-face. These new treatments require new forms of service delivery, new ways of communicating, new forms of training and supervision, and the development of new workforces. They involve changing systems and routine practice, and adapting interventions to particular community contexts. The Oxford Guide to Low Intensity CBT Interventions is a state-of-the-art handbook, providing low intensity practitioners, supervisors, managers commissioners of services and politicians with a practical, easy-to-read guide - indispensable reading for those who wish to understand and anticipate future directions in health service provision and to broaden access to cost-effective evidence-based psychological therapies.

A comprehensive guide to this emerging field, fully updated to cover clinical, policy, and practical issues with a user-centred approach.

This volume shows mental health providers how to integrate cultural factors into cognitive behavior therapy (CBT). Contributing authors describe the application of CBT with clients of diverse cultures, and discusses how therapists can refine CBT to increase its effectiveness with clients from a variety of cultural backgrounds. They examine the unique characteristics of, and the use of CBT with various racial, ethnic, and religious minority groups in the United States including Latinx, Asian Americans, African Americans, American Indians, Alaska natives, Arabs, and Orthodox Jews. Strategies for using CBT with older adults, individuals with disabilities, and LGBTQ clients are also examined. A chapter on culturally responsive CBT clinical supervision closes this volume. This second edition includes fully-updated demographic information, a greater emphasis on culture-specific assessments, and a chapter on using CBT with clients of South Asian descent.

This learner guide describes the skills and knowledge required to establish relation-

ships, clarify needs, and then work collaboratively with people who are living with mental health issues. This learning applies to support workers in contexts outside the mental health sector, but who come into contact with people with mental health issues. The services and support provided are not mental health specific.

Draws together evidence that poverty causes serious mental illness and gives recommendations as to what can be done about this.

ABC of Anxiety and Depression is a practical guide to the assessment, treatment and management of patients with anxiety and depression as they commonly present in primary care. It begins with an introduction to views on the understanding of anxiety and depression. The following chapters cover how anxiety and depression present in different patient groups such as children and young people, adults, older people and during antenatal/postnatal periods. It then addresses anxiety and depression as comorbidities with chronic illness, and within special populations and settings. The options for treatment and management of anxiety and depression are consid-

ered with guidance on when referral to secondary care may be appropriate and the current best practice in psychological therapies, drug treatment and social interventions. Cases are used to illustrate the complexities of managing patients with anxiety and depression. The title concludes with an important chapter on practitioner well-being. ABC of Anxiety and Depression is a practical resource all general practitioners and family physicians working with patients with anxiety and depressive disorders. It is also relevant for primary health care professionals who are part of clinical teams treating patients with anxiety and depression, and conditions where anxiety and depression are common comorbidities, as well as psychologists, counsellors, social workers, and medical and nursing students.

'Medical Psychotherapy' draws together succinct descriptions of the major models of psychotherapy, written by specialists who offer an accessible, theoretical and evidence based depiction of each therapy and its clinical role for patients. It will appeal to specialist trainees in psychiatry and consultants working in psychotherapy, along with psychologists and allied health

professionals.

Although the therapeutic relationship is a major contributor to therapeutic outcomes, the cognitive behavioral psychotherapies have not explored this aspect in any detail. This book addresses this shortfall and explores the therapeutic relationship from a range of different perspectives within cognitive behavioral and emotion focused therapy traditions. The Therapeutic Relationship in the Cognitive Behavioral Psychotherapies covers new research on basic models of the process of the therapeutic relationship, and explores key issues related to developing emotional sensitivity, empathic understanding, mindfulness, compassion and validation within the therapeutic relationship. The contributors draw on their extensive experience in different schools of cognitive behavioral therapy to address their understanding and use of the therapeutic relationship. Subjects covered include:

- the process and changing nature of the therapeutic relationship over time
- recognizing and resolving ruptures in the therapeutic alliance
- the role of evolved social needs and compassion in the therapeutic relationship
- the therapeutic relationship with difficult

to engage clients · self and self-reflection in the therapeutic relationship. This book will be of great interest to all psychotherapists who want to deepen their understanding of the therapeutic relationship, especially those who wish to follow cognitive behavioral approaches.

This ground-breaking new self-help book is based on Interpersonal Psychotherapy (IPT), a therapeutic approach being adopted by the government's nationwide Improved Access to Psychological Therapies (IAPT) programme, alongside Cognitive Behavioural Therapy. IPT is commonly used to treat those suffering from depression and eating disorders. IPT is now being used by IAPT therapists nationally and this book will be the first self-help book based on this approach and will be widely recommended to patients. The author, Dr Roslyn Law, is one of the UK's leading authorities on IPT.

"Phone coaching is an important aspect to dialectical behavior therapy. In this book, the author focuses on why we do it, how to make it effective, and ways to avoid common pitfalls. The book gives clinicians clear principles and practical guidance on how to approach this aspect of treatment.

For new coping strategies to make a difference in clients' lives, clients need to use and practice them in everyday situations. Phone coaching is designed to help clients do just this. Regardless of your treatment approach, therefore, the principles and strategies in this book will give you new ways to help clients learn and apply effective coping skills to learn more about themselves, manage stress, improve relationships, and work toward important goals"-- For the average clinician, individuals with borderline personality disorder (BPD) often represent the most challenging, seemingly insoluble cases. This volume is the authoritative presentation of dialectical behavior therapy (DBT), Marsha M. Linehan's comprehensive, integrated approach to treating individuals with BPD. DBT was the first psychotherapy shown in controlled trials to be effective with BPD. It has since been adapted and tested for a wide range of other difficult-to-treat disorders involving emotion dysregulation. While focusing on BPD, this book is essential reading for clinicians delivering DBT to any clients with complex, multiple problems. Companion volumes: The latest developments in DBT skills training, together with essential ma-

terials for teaching the full range of mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance skills, are presented in Linehan's DBT Skills Training Manual, Second Edition, and DBT Skills Training Handouts and Worksheets, Second Edition. Also available: Linehan's instructive skills training videos for clients--Crisis Survival Skills: Part One, Crisis Survival Skills: Part Two, From Suffering to Freedom, This One Moment, and Opposite Action.

This comprehensive, up-to-date textbook offers detailed coverage of venous anatomy, pathophysiology, imaging, and management of venous pathology, leading the practitioner through all aspects of care of the venous patient. The various techniques that have revolutionized the diagnosis and treatment of venous disease during the past decade are all discussed, with clear guidance on their indications and performance. The book is exceptional in being based entirely on the curriculum designed for board certification by the American College of Phlebology. A further unique aspect of the text is the integration of ultrasound, which now plays a fundamental role in diagnosis and management. The au-

thors come from a wide range of specialties and the book will accordingly serve the needs of vascular and general surgeons, interventional radiologists, phlebologists, ultrasonographers, and other practitioners, as well as those preparing for board examinations.

Depression affects six per cent of adults each year & is the leading cause of suicide. Its symptoms can be disabling & its effects pervasive, impacting on the individual patient, on their families, & the wider society. This text enables healthcare professionals to recognize, assess & offer effective treatments for depression.

The majority of psychiatric conditions initially present in a primary care setting; the challenge for practitioners is to accurately recognise and diagnose mental illness so that appropriate treatment or referrals can be implemented. *Psychiatry in Primary Care* is a practical, accessible volume that supplies the key information general practitioners require to achieve this. This significantly revised and updated fourth edition includes 75% new material. Combining the expertise of a general practitioner and a practising psychiatrist, new chapters focus

on the considerations of special populations and the use of psychotherapies, including cognitive therapy, problem solving and solution-focussed therapies. An audio CD-ROM gives examples of these therapies in operation to aid the practical application of the theory presented. Evidence based, user friendly and clinical, this is essential reading for general practitioners and primary care mental health workers, as well as trainees in general practice and psychiatry.

A multidisciplinary account of the reforms in psychiatry and mental health in Britain during 1960-2010 and their relation to society.

This third edition of the much acclaimed *Cambridge Handbook of Psychology, Health and Medicine* offers a fully up-to-date, comprehensive, accessible, one-stop resource for doctors, health care professionals, mental health care professionals (such as psychologists, counsellors, specialist nurses), academics, researchers, and students specializing in health across all these fields. The new streamlined structure of the book features brief section overviews summarising the state of the art of knowledge on the topic to make the in-

formation easier to find. The encyclopaedic aspects of the Handbook have been retained; all the entries, as well as the extensive references, have been updated. Retaining all the virtues of the original, this edition is expanded with a range of new topics, such as the effects of conflict and war on health and wellbeing, advancements in assisted reproduction technology, e-health interventions, patient-reported outcome measures, health behaviour change interventions, and implementing changes into health care practice.

This review incorporates the views and visions of 2,000 clinicians and other health and social care professionals from every NHS region in England, and has been developed in discussion with patients, carers and the general public. The changes proposed are locally-led, patient-centred and clinically driven. Chapter 2 identifies the challenges facing the NHS in the 21st century: ever higher expectations; demand driven by demographics as people live longer; health in an age of information and connectivity; the changing nature of disease; advances in treatment; a changing health workplace. Chapter 3 outlines the proposals to deliver high quality care for

patients and the public, with an emphasis on helping people to stay healthy, empowering patients, providing the most effective treatments, and keeping patients as safe as possible in healthcare environments. The importance of quality in all aspects of the NHS is reinforced in chapter 4, and must be understood from the perspective of the patient's safety, experience in care received and the effectiveness of that care. Best practice will be widely promoted, with a central role for the National Institute for Health and Clinical Excellence (NICE) in expanding national standards. This will bring clarity to the high standards expected and quality performance will be measured and published. The review outlines the need to put frontline staff in control of this drive for quality (chapter 5), with greater freedom to use their expertise and skill and decision-making to find innovative ways to improve care for patients. Clinical and managerial leadership skills at the local level need further development, and all levels of staff will receive support through education and training (chapter 6). The review recommends the introduction of an NHS Constitution (chapter 7). The final chapter sets out the

means of implementation.

The Oxford Guide to Surviving as a CBT Therapist is the one-stop resource for the newly trained therapist. It offers practical guidance on a range of issues and challenges faced by the therapist. Written by people with vast experience training and practising CBT, it draws on real life situations to help the reader hone and develop their skills, adjust to life as a therapist, and maintain a successful and satisfying career whilst helping others. --

This is the essential book for any health professionals whose role incorporates low intensity CBT. It introduces readers to the principles and skills of cognitive behaviour therapy, and guides them through the entire process of working with adult patients with common mental health problems. Beginning at the initial assessment, it takes students through the implementation of interventions to the management of ending. Detailed case studies illustrate each step of patients' recovery journeys. This new edition: is updated in line with changes in the PWP curriculum and broader IAPT policies includes new chapters on working with older adults and patients with long-

term conditions adds new exercises to help readers reflect on their own practice, and builds confidence to help them become outstanding practitioners.

The Children's Plan, conceived after consultation with both parents and professionals, sets out the Government's ambitions for improving children and young people's lives over the next decade. The six strategic objectives are to: secure the health and wellbeing of children and young people; safeguard the young and vulnerable; achieve world class standards; close the gap in educational achievement for children from disadvantaged backgrounds; ensuring young people are participating in achieving their potential to 18 and beyond; and keeping children and young people on the path to success. The ambition depends on all children's services working together at the local level and the final chapter looks at the systems which are needed for this to happen

Why are interpreters an important part of modern healthcare provision? In today's society, there is an increasing need for mental health professionals to work with interpreters, yet coverage of this subject in the existing literature is scarce. Working with

Interpreters in Mental Health gives an insight into the issues and problems of professionals working with interpreters in the mental health field. Informed by theoretical, research and practice considerations, *Working with Interpreters in Mental Health* helps practitioners to develop better ways of helping service users who need an interpreter. Combining contributions from a number of different disciplines, this book discusses: * interpreters in medical consultations * issues of language provision in health care services * the application of theoretical frameworks to the work with interpreters * the work of interpreters in a variety of practical settings. Whilst the focus is placed within a mental health context, many of the issues raised apply equally to other contexts where interpreters are needed. This book will be invaluable for practitioners of psychology, psychiatry, social work and other health professionals.

What is good CBT supervision? What makes an effective supervisor? How can qualified CBT therapists learn to become good CBT supervisors who work effectively with their supervisees? These are some of the questions addressed in this practical

new book, examining what it takes to be a competent and confident CBT supervisor. Using the authors' unique framework of learning – the PURE Supervision Flower – the book equips trainees with the skills and competencies needed to prepare for, undertake, refine and enhance supervision practice across a wide range of settings. Structured around the PURE Supervision Flower, the book is divided into four parts: *Preparing for Supervision* explores how to establish an effective and ethical base from which supervision can occur *Undertaking Supervision* focuses on the practical delivery of CBT Supervision *Refining Supervision* offers insights into managing the supervisory process and relationship *Enhancing Supervision* hones competencies by considering complex ethical challenges and CPD. Packed with activities, tips, case studies and reflective questions to help consolidate learning, this is essential reading for CBT practitioners training in and already providing supervision across a range of settings.

The second edition of the *Handbook of Feminist Research: Theory and Praxis*, presents both a theoretical and practical approach to conducting social science re-

search on, for, and about women. The *Handbook* enables readers to develop an understanding of feminist research by introducing a range of feminist epistemologies, methodologies, and methods that have had a significant impact on feminist research practice and women's studies scholarship. The *Handbook* continues to provide a set of clearly defined research concepts that are devoid of as much technical language as possible. It continues to engage readers with cutting edge debates in the field as well as the practical applications and issues for those whose research affects social policy and social change. It also expands on the wealth of interdisciplinary understanding of feminist research praxis that is grounded in a tight link between epistemology, methodology and method. The second edition of this *Handbook* will provide researchers with the tools for excavating subjugated knowledge on women's lives and the lives of other marginalized groups with the goals of empowerment and social change.

Skills-based Caring equips carers with the skills and knowledge needed to support those suffering from an eating disorder, and to help them to break free from the

traps that prevent recovery. Through a co-ordinated approach, it offers detailed techniques and strategies, which aim to improve professionals' and carers' ability to build continuity of support for their loved ones. Using evidence-based research and personal experience, the authors advise the reader on a number of difficult areas in caring for someone with an eating disorder. This new and updated edition is essential reading for both professionals and families involved in the care and support of anyone with an eating disorder.

Give your mind the one thing it needs this winter with the book everyone has been talking about, from clinical psychologist and TikTok sensation Dr Julie Smith THE NO. 1 SUNDAY TIMES BESTSELLER 'Sound wisdom, easy to gulp down. I'm sure this book is already helping lots of people. Great work, Dr Julie' MATT HAIG, best-selling author of REASONS TO STAY ALIVE 'A toolkit of deceptively simple strategies for life's troubles. Everyone could benefit from the wisdom of Dr Smith' i 'BEST NON-FICTION BOOKS OF 2022' 'Brilliant. Bite-size. Easy to understand. Easy to flick through. It's like a reference to how you feel' Phillip Schofield on ITV's THIS MORN-

ING 'Julie Smith is the psychology teacher you wish you'd had at school' EVENING STANDARD 'This book is a goldmine. I truly treat it like a handbook now' STYLIST 'It's real, it's authentic . . . Very practical and very, very helpful' LORRAINE KELLY AS FEATURED IN THE OBSERVER, STYLIST, EVENING STANDARD, WOMEN'S HEALTH, MARIE CLAIRE AND GRAZIA _____ Drawing on years of experience as a clinical psychologist, online sensation Dr Julie Smith shares all the skills you need to get through life's ups and downs. Filled with secrets from a therapist's toolkit, this is a must-have handbook for optimising your mental health. Dr Julie's simple but expert advice and powerful coping techniques will help you stay resilient no matter what life throws your way. Written in short, bite-sized entries, you can turn straight to the section you need depending on the challenge you're facing - and immediately find the appropriate tools to help with . . . - Managing anxiety - Dealing with criticism - Battling low mood - Building self-confidence - Finding motivation - Learning to forgive yourself This book tackles the everyday issues that affect us all and offers easy, practical solutions that might just

change your life. _____ 'Sound, therapeutic wisdom that is easy to gulp down. Full of principles and advice that work and comfort whether you are in a very bad situation or an everyday worrying one. I'm sure this book is already helping lots of people. Great work, Dr Julie' MATT HAIG, best-selling author of REASONS TO STAY ALIVE 'I'm blown away by her ability to communicate difficult ideas with ease, simplicity and practicality. Amazing. Go and buy it now!' Jay Shetty 'Relatable, real and easy to digest . . . As if your wise best friend is chatting to you. An essential mental-health bible for adults and teenagers' YOU Magazine 'If you want to feel like you have a therapist sitting across from you, empowering you with how to be your best self, this book is for you!' Nicole LePera, New York Times bestselling author of How to Do the Work 'Smart, insightful, and warm. Dr Julie is both the expert and wise friend we all need' Lori Gottlieb, New York Times bestselling author of Maybe You Should Talk to Someone and co-host of the 'Dear Therapists' podcast

The aim of this review was to provide an evidence base for policy development on

vocational rehabilitation - defined as whatever helps someone with a health problem to stay at, return to and remain at work. The focus was on adults of working age, the common health problems that account for two-thirds of long-term sickness (mild/moderate musculoskeletal, mental health and cardio-respiratory conditions) and work outcomes (staying at, returning to and remaining in work). Data from some 450 scientific reviews and reports were included in evidence tables. The review demonstrates that there is a strong scientific evidence base for many aspects of vocational rehabilitation, a good business case for it and more evidence on cost-benefits than for many health and social policy areas. Generic and condition-specific findings are reported, and practical suggestions offered for the differing types of people affected by health problems. Vocational rehabilitation should be a fundamental element of government strategy to improve the health of working age people.

An edited collection of papers published by YoungMinds and funded by Health Education England. With 1 in 3 adult mental health conditions related directly to adverse childhood experiences, it is vital that

we understand the impact that adversity and trauma can have on the mental health and wellbeing of young people, and how we can strengthen resilience and support recovery. Addressing Adversity presents evidence, insight, direction and case studies for commissioners, providers and practitioners in order to stimulate further growth in adversity and trauma-informed care, and spark innovation and good practice across England. Section 1: Understanding adversity, trauma and resilience includes evidence and analysis of the impact that adverse childhood experiences and trauma have on children and young people's mental health and wider outcomes across the lifecourse. Section 2: Addressing childhood adversity and trauma includes insights from the NHS in England, organisations and clinicians working with children and young people who have experienced forms of adversity and trauma. Section 3: Emerging good practice includes insight, case studies and working examples of adversity and trauma-informed service models being developed across England. The collection ends with an agenda for change, calling on all Directors of Public Health, commissioners and

providers to make adversity and trauma-informed care a priority in their locality. Bringing together treatment and referral advice from existing guidelines, this text aims to improve access to services and recognition of common mental health disorders in adults and provide advice on the principles that need to be adopted to develop appropriate referral and local care pathways.

This book provides a user-friendly introduction to the qualitative methods most commonly used in the mental health and psychotherapy arena. Chapters are written by leading researchers and the editors are experienced qualitative researchers, clinical trainers, and mental health practitioners. Provides chapter-by-chapter guidance on conducting a qualitative study from across a range of approaches. Offers guidance on how to review and appraise existing qualitative literature, how to choose the most appropriate method, and how to consider ethical issues. Demonstrates how specific methods have been applied to questions in mental health research. Uses examples drawn from recent research, including research with service users, in mental health practice and in psychotherapy.

The new edition of this popular handbook has been thoroughly updated to include the latest data concerning treatment of first-episode patients. Drawing from their experience, the authors discuss the presentation and assessment of the first psychotic episode and review the appropriate use of antipsychotic agents and psychosocial approaches in effective management.

This report on the United Kingdom looks at how the broader education, health, social and labour market policy challenges are being tackled.

The standard reference in the field, this acclaimed work synthesizes findings from hundreds of carefully selected studies of mental health treatments for children and adolescents. Chapters on frequently encountered clinical problems systematically review the available data, identify gaps in what is known, and spell out recommendations for evidence-based practice. The authors draw on extensive clinical experience as well as research expertise. Showcasing the most effective psychosocial and pharmacological interventions for young patients, they also address challenges in translating research into real-world clinical practice. New to This Edition *Incorporates

over a decade of research advances and evolving models of evidence-based care.

*New chapter topic: child maltreatment.

*Separate chapters on self-injurious behavior, eating disorders, and substance use disorders (previously covered in a single chapter on self-harming disorders). *Expanded chapters on depression, anxiety, and conduct disorder. *Includes reviews of the burgeoning range of manualized psychosocial "treatment packages" for children.

Grounded in extensive research and clinical experience, this manual provides a complete guide to interpersonal psychotherapy for depressed adolescents (IPT-A). IPT-A is an evidence-based brief intervention designed to meet the specific developmental needs of teenagers. Clinicians learn how to educate adolescents and their families about depression, work with associated relationship difficulties, and help clients manage their symptoms while developing more effective communication and interpersonal problem-solving skills. The book includes illustrative clinical vignettes, an extended case example, and information on the model's conceptual and empirical underpinnings. Helpful session

checklists and sample assessment tools are featured in the appendices.

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 individu-

ally 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. Han-

dling 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. In-

tensive 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.