



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

Debra A. Hope, Richard G. Heimberg, Harlan A. Juster, Cynthia L. Turk

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This is a client workbook for those in treatment or considering treatment for social anxiety. This program has met the American Psychological Association's Division 12 Task Force criteria for empirically-supported treatments. Clients will learn how social anxiety interferes with the achievement of life goals. The workbook includes information about a variety of interventions, such as exposure, cognitive re-framing, and medication.

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