



# **Psychological Approaches to Generalized Anxiety Disorder: A Clinician's Guide to Assessment and Treatment (Series in Anxiety and Related Disorders)**

*Holly Hazlett-Stevens*

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Concise, yet without skimping on information, this book reviews current theory and research, addresses important diagnostic issues, and provides salient details in a number of key areas related to GAD.

Assessment procedures and treatment planning are covered, along with the latest therapy outcome data, including findings on newer therapies. Also detailed are specific cognitive behavioral therapy techniques, including cognitive strategies, psychoeducation, and anxiety monitoring.

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