



Counselling for Anxiety Problems (Therapy in Practice)

Diana J Sanders, Frank Wills

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Any cognitive therapy text which quotes from Alice in Wonderland is off to a good start - and in the case of **Counselling for Anxiety Problems**, it gets better and better. This is an excellent book written by counselling psychologists, aimed primarily at counselling psychologists. Diana Sanders and Frank Wills are experienced cognitive therapists, who, through various books, are performing a valuable role of building bridges between counsellors and the practice of cognitive therapists. In doing so, they lay to rest many of the misconceptions counsellors may have about cognitive therapy (often based on an 80s version of the therapy), and place particular emphasis on the central importance of therapeutic relationship in cognitive therapy, as in counselling. Their review and discussion of the anxiety disorders is comprehensive and contemporary, as indicated by the number of references from the past five years. Furthermore their clinical experience, as well as their humour, shines through. Although primarily aimed at the counselling market, it will be just as useful for therapists from a variety of backgrounds. I can thoroughly recommend this book! - *Amazon Review*

Anxiety is one of the most common psychological problems for which people seek help. Through research, major advances have been made in understanding the causes of anxiety, the different forms it takes and how problems perpetuate. In turn this has led to the development of more targeted ways of helping sufferers. Based on these findings, **Counselling for Anxiety Problems, Second Edition** presents accessible and up-to-date guidelines on the most effective ways of helping clients with anxiety problems.

The authors outline general methods of working with anxiety sufferers and highlight the issues specific to this client group. Counsellors need to select appropriate interventions depending on the particular problems experienced by each client. The second part of the book therefore shows how to adapt counselling interventions to different forms of anxiety, such as:

- panic
- worry
- agoraphobia
- social and other phobias
- health anxiety, and
- obsessive-compulsive disorder (OCD).

Whilst being cognitive in focus, the book is accessible to counsellors from different orientations who wish to broaden their understanding and skills in relation to anxiety. Based on the authors' own clinical experience, the book makes extensive use of detailed case examples to illustrate different ways of formulating and working with anxiety.

Counselling for Anxiety Problems, Second Edition is suitable for practitioners of all levels, from those in

training to those with more experience who wish to update and refresh their methods of working with anxious clients.

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Donald Kelley:

Reading a e-book tends to be new life style in this particular era globalization. With reading through you can get a lot of information which will give you benefit in your life. Along with book everyone in this world can easily share their idea. Publications can also inspire a lot of people. A lot of author can inspire their very own reader with their story as well as their experience. Not only the storyline that share in the books. But also they write about the data about something that you need example. How to get the good score toefl, or how to teach your young ones, there are many kinds of book that you can get now. The authors on earth always try to improve their skill in writing, they also doing some research before they write for their book. One of them is this Counselling for Anxiety Problems (Therapy in Practice).

Lola Paolucci:

Reading can called head hangout, why? Because when you are reading a book particularly book entitled Counselling for Anxiety Problems (Therapy in Practice) your thoughts will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely might be your mind friends. Imaging just about every word written in a book then become one contact form conclusion and explanation in which maybe you never get just before. The Counselling for Anxiety Problems (Therapy in Practice) giving you yet another experience more than blown away your thoughts but also giving you useful info for your better life on this era. So now let us show you the relaxing pattern the following is your body and mind is going to be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary investing spare time activity?

Van Gee:

In this period globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The condition of the world makes the information simpler to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You can see that now, a lot of publisher which print many kinds of book. The particular book that recommended to you is Counselling for Anxiety Problems (Therapy in Practice) this reserve consist a lot of the information in the condition of this world now. This specific book was represented so why is the world has grown up. The terminology styles that writer require to explain it is easy to understand. The particular writer made some investigation when he makes this book. That's why this book appropriate all of you.

Richard Shumate:

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desire to read more and more. Science book was created for teacher or students especially. Those books are helping them to bring their knowledge. In various other case, beside science e-book, any other book likes Counselling for Anxiety Problems (Therapy in Practice) to make your spare time considerably more colorful. Many types of book like here.

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