



## Anxiety Disorders Made Simple Treatment Approaches to Overcome Fear and Build Resiliency

By Daniel J. Van Ingen Psyd

PESI Publishing & Media. Paperback. Condition: New. 140 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Anxiety Disorders Made Simple illustrates the most prominent psychological treatment methods for therapists to use with anxious clients. This book, rooted in current research, presents proven strategies to establish breakthroughs in anxiety treatment. Dr. van Ingen provides vivid, practical examples to empower people to build anxiety tolerance, gain freedom, and experience resiliency as they confront their fears. These evidence-based principles and procedures will help therapists: Utilize cutting-edge interventions that match core anxiety patterns Experimentally build tolerance via interoceptive exposure and other tools Assess and treat 4 central core belief categories that fuel anxiety problems A wonderfully practical handbook with straightforward illustrations drawn from experience to inform sensible and systematic application of therapeutic concepts to everyday practice. -- Lee Wang, MD, Psychiatrist, Michigan State University Dr. van Ingens holistic, evidence-based approach to anxiety is inspiring. Packed with multipole specific, concrete, and accessible examples, this book is a helpful resource for practitioners and clients alike. -- Stacy Freiheit, PhD. Clinical Psychologist, Associate Professor, Augsburg College, Minneapolis, MN This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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