

PSYCHOLOGICAL APPROACHES TO GENERALIZED ANXIETY DISORDER%0A

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[Generalized Anxiety Disorder | Psychology Today](#)
Generalized anxiety disorder (GAD) is characterized by six months or more of chronic, exaggerated worry and tension that is unfounded or much more severe than the normal anxiety most people experience.

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Psychological Approaches to Generalized Anxiety Disorder: A Clinician's Guide to Assessment and Treatment Holly Hazlett-Stevens, Ph.D. University of Nevada, Reno

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Psychological Approaches to Generalized Anxiety Disorder is a compendium of techniques with which all cognitive-behavioral therapists should be familiar, presented in a step-by-step, easy-to-digest fashion. The beginning clinician will find the detailed description of techniques and the theory underlying their use to be most helpful in helping clients overcome the cognitive, somatic, and emotional aspects of anxiety.

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Psychological Approaches to Generalized Anxiety Disorder has much information of interest to new and seasoned clinicians, clinical researchers, and academic psychologists. It is also an especially valuable reference for graduate students treating or studying the anxiety spectrum.

[Cognitive and Behavioral Therapies for Generalized Anxiety ...](#)
Description: Cognitive and behavioral therapies for generalized anxiety disorder (GAD) refer to a variety of techniques that can be provided individually or in combination.

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Psychological Approaches to Generalized Anxiety Disorder: A Clinician's Guide to Assessment and Treatment (Series in Anxiety and Related Disorders) eBook: Holly Hazlett-Stevens: Amazon.ca: Kindle Store

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Effective treatments for generalized anxiety disorder. Generalized Anxiety Disorder from now on GAD as referred to- in prevalence studies, is a very common disorder, with a prevalence of 7.9% according to the World Health Organization (W.H.O.) as an exclusive diagnosis and with global incidence of about 25% in medical centers as

Generalized Anxiety Disorder Treatment - Psych Central

Treatment for generalized anxiety disorder (GAD) is varied, and a number of approaches work equally well. Typically the most effective treatment will be an approach which incorporates both