

Understanding and Treating Panic Disorder

Cognitive-Behavioural Approaches

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This book is a comprehensive text and clinician's guide which integrates theory, empirical findings, and treatment guidelines, to provide a framework for understanding and treating both routine and complex cases of panic disorder.

The first Part of the book covers the theoretical foundations of cognitive-behavioural treatment (CBT) for panic disorder (with or without agoraphobia), and the relevant empirical findings. Other treatments for panic disorder, such as pharmacotherapies, are also reviewed, as a guide to selecting the most appropriate treatment. Important clinical outcomes, such as treatment dropout, response, and relapse, are also discussed.

The second Part of the book describes the clinical protocols and procedures for cognitive-behavioural assessment and treatment. The author emphasizes a case formulation approach to treatment and includes treatment protocols for uncomplicated cases as well as guidelines and strategies for dealing with more difficult cases. The latter include cases of panic disorder that have failed to respond to conventional CBT approaches, and cases in which panic disorder is comorbid with other disorders (e.g., schizophrenia, posttraumatic stress disorder). Protocols are also described for implementing CBT in specific settings (e.g., emergency rooms, rural settings), specific populations (e.g., children, adolescents, the elderly), and particular cultural milieux (i.e., culture-specific aspects of treatment).

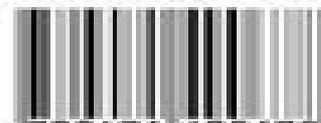
Trainees and practitioners in clinical psychology, psychiatry, nursing and other mental health disciplines will welcome this comprehensive and evidence-based guide to concepts and treatment of panic disorder.

"Steven Taylor...in this masterful book has written the clearest, most detailed account available on contemporary CBT methods for treating this syndrome...his excellent book should be read by all mental health professionals who treat panic disorder. It provides the tools one needs to help these patients in the fastest, most effective way, and it documents the science that undergirds the methods." Professor Richard McNally, Harvard University, USA

"The clearest and most comprehensive text now available on cognitive-behavioural approaches to panic. It is remarkable not only for the breadth and depth of theoretical, empirical and clinical coverage, but also for the way these are integrated. No one who is serious about understanding and helping people with panic should be without it." Professor Paul Salkovskis, University of Oxford Department of Psychiatry, UK

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