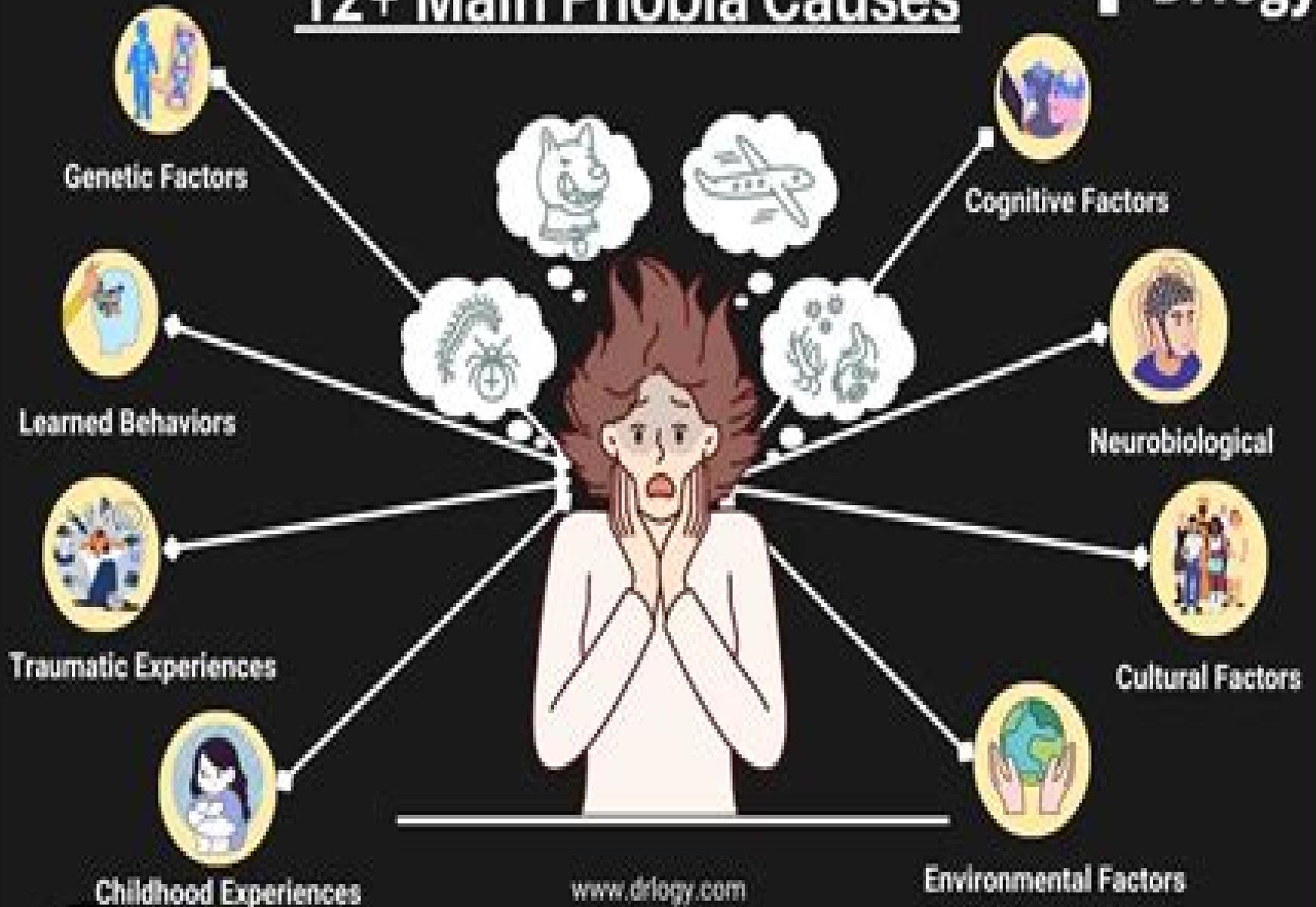


12+ Main Phobia Causes



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Anxiety & Phobia Workbook (Volume 1 of 2) (EasyRead Comfort Edition) Edmund J. Bourne, 2002 **Phobias** Richard Waters, 2003 Imprint A comprehensive guide to every fear imaginable and unimaginable this book explains clearly what each phobia is and how some are related **Phobias** Irena Milosevic Ph.D., Randi E. McCabe Ph.D., 2015-03-03 Combining popular appeal with accessibly written entries suitable for research projects this fascinating encyclopedia provides a thorough introduction to the psychological and scientific aspects of phobias Many people have irrational fears Phobias affect about 19 million Americans each year So is fear normal At what point do fears become clinical phobias Phobias The Psychology of Irrational Fear is the definitive volume on a broad range of topics related to fears and phobias After an introduction to the subject of fear and phobias the encyclopedia presents approximately 200 A Z cross referenced entries that address phobias from a variety of angles types of fears root causes physiological and psychological effects classification and treatments The work presents accurate authoritative and up to date information based on scientific evidence The majority of the numerous contributors are anxiety disorder researchers and clinicians who possess cutting edge knowledge of their areas of expertise Ideal for both high school students and general audiences readers will be engaged by high interest content that not only details and explains various phobias but enables them to trace the history theories and practices associated with the study and treatment of phobias *What Are Phobias?* Therese M. Shea, 2020-07-15 Phobia is a word that's thrown around a lot in everyday conversation but it's often used incorrectly A phobia is a strong irrational fear of an object or a situation one that often causes great anxiety This sensitive and informative volume is a useful guide for readers who may be grappling with a phobia or who know someone who is In the carefully researched explanations readers will learn what may cause phobias and how they're diagnosed and treated They'll learn about the many professionals who can offer help and hope to those afflicted with phobias *Phobias and How to Overcome Them* James Gardner, Arthur H. Bell, 2005-01-13 A handbook for sufferers those who treat them and those who love them What distinguishes a fear from a phobia How do I know if I have one What treatments for phobias have proven most effective These and many other questions are addressed in this guide to the

complex issue of phobias which come in many forms and many degrees of severity Based on scientific and clinical research as well as patients experiences Phobias and How to Overcome Them delves into topics including Recognizing the symptoms of phobias Stories of successful treatments Specific phobias both common and uncommon Medical evaluation and treatment of phobias The roles of counseling psychotherapy and cognitive behavioral therap Other anxiety disorders and mood disorders that may underlie phobias Resources for additional help In addition Dr Gardner provides an Anxiety Toolkit that can be used to combat and conquer phobias offering new techniques and new hope for people who experience these debilitating fears that can not only affect physical health but also interfere with full and joyful participation in life

Anxiety & Phobia Workbook (Volume 1 of 3) (EasyRead Super Large 18pt Edition) Edmund J. Bourne,1996 *Intensive One-Session Treatment of Specific Phobias* Thompson E. Davis III,Thomas H. Ollendick,Lars-Göran Öst,2012-05-16 Whether it s dogs spiders blood heights or some other fear specific phobias are one of the most prevalent mental health problems affecting as many as one in eight people In recent years cognitive behavioral therapy CBT has emerged as particularly effective in treating young people and adults with specific phobias And of these methods one session treatment stands out as a long lasting cost effective intervention of choice Intensive One Session Treatment of Specific Phobias not only provides a summary of the evidence base it also serves as a practical reference and training guide This concise volume examines the phenomenology epidemiology and etiology of phobias laying the groundwork for subsequent discussion of assessment strategies empirically sound one session treatment methods and special topics In addition expert contributors address challenges common to exposure therapy offer age appropriate guidelines for treating young clients and describe innovative computer assisted techniques Organized to be read individually or in sequence chapters delve into key areas including Evidence based assessment and treatment of specific phobias in children adolescents and adults One session treatment theory and practice with children adolescents and adults Handling difficult cases of specific phobias in youth Interventions for specific phobias in special populations Training and assessing therapists in one session treatment Ethical issues in considering exposure Intensive One Session Treatment of Specific Phobias is an essential resource for researchers clinicians and graduate students in child school clinical and counseling psychology social work and general and special education

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