

Phobia

The Pop-Up Book of Phobias

Pop-up illustrations capture the nature of common phobias, including the dentist's drill, heights, flying, and spiders

Shark-a-Phobia

Presents general information about the different species of sharks, their different parts, their habits, and why there is little reason to fear most species.

The Anxiety and Phobia Workbook

Now in its sixth edition and recommended by therapists worldwide, The Anxiety and Phobia Workbook has been the unparalleled, essential resource for people struggling with anxiety and phobias for almost thirty years. Living with anxiety, panic disorders, or phobias can make you feel like you aren't in control of your life. If you're ready to tackle the fears that hold you back, this book is your go-to guide. Packed with the most effective skills for assessing and treating anxiety, this evidence-based workbook contains the latest clinical research. You'll develop a full arsenal of skills for quieting fears and taking charge of your anxious thoughts, including: Relaxation and breathing techniques Ending negative self-talk and mistaken beliefs Imagery and real-life desensitization Lifestyle, nutrition, and exercise changes Written by a leading expert in cognitive behavioral therapy (CBT) and a classic in its field, this fully revised edition offers powerful, step-by-step treatment strategies for panic disorders, agoraphobia, generalized anxiety disorder (GAD), obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), worry, and fear. You will also find updated information compatible with the DSM-V, as well as current information on medications and treatment, nutrition, mindfulness training, exposure therapy, and the latest research in neurobiology. Whether you suffer from anxiety and phobias yourself, or are a professional working with this population, this book will provide the latest treatment solutions for overcoming the fears that stand in the way of living a full, happy life. This workbook can be used on its own or as a supplement to therapy.

Social Phobia

In this book, internationally renowned contributors fill a critical gap in the literature by providing an overview of current work in the diagnosis, assessment, and treatment of social phobia, the third most common psychiatric disorder.

Phobias

Phobias are increasingly common amongst the general population, sometimes resulting in a very significant social disability and burden for the family. Most cases remain undiagnosed, and many of those which are diagnosed are treated inappropriately. Written by internationally renowned psychiatrist, Mario Maj, this book provides an update of research evidence and clinical experience concerning agoraphobia, social phobia and specific phobias.

Treating Affect Phobia

This hands-on manual from Leigh McCullough and associates teaches the nuts and bolts of practicing short-

term dynamic psychotherapy, the research-supported model first presented in *Changing Character*, McCullough's foundational text. Reflecting the ongoing evolution of the approach, the manual emphasizes "affect phobia," or conflict about feelings. It shows how such proven behavioral techniques as systemic desensitization can be applied effectively within a psychodynamic framework, and offers clear guidelines for when and how to intervene. Demonstrated are procedures for assessing patients, formulating core conflicts, and restructuring defenses, affects, and relationship to the self and others. In an easy-to-use, large-size format, the book features a wealth of case examples and write-in exercises for building key clinical skills. The companion website (www.affectphobiatherapy.com) offers useful supplemental resources, including Psychotherapy Assessment Checklist (PAC) forms and instructions.

The Book of Phobias and Manias

THE PERFECT GIFT FOR ALL BIBLIOMANIACS A BOOK OF THE YEAR IN THE TIMES, FINANCIAL TIMES, SPECTATOR AND DAILY MAIL A WATERSTONES BEST POPULAR SCIENCE BOOK Plunge into this rich and thought-provoking A-Z compendium to discover how our fixations have taken shape, from the Middle Ages to the present day, as bestselling author Kate Summerscale deftly traces the threads between the past and present, the psychological and social, the personal and the political. 'Fascinating' Malcolm Gaskill, author of the No. 1 bestseller *The Ruin of All Witches* 'Fascinating' Observer 'An endlessly intriguing book ... All the bibliomanes (book nutters) I know will love it' Daily Mail

A Practical Guide to Overcoming Phobias

Whether you suffer from panic attacks or feelings of crippling dread, *Introducing Overcoming Phobias* offers proven techniques to help you break down your fears into manageable parts. Psychologist Patricia Furness-Smith teaches the reader to understand their phobias and remove the anxiety surrounding them. **STAND UP TO FEAR** and increase your self-confidence. **UNDERSTAND PANIC ATTACKS** so that the symptoms no longer frighten you. **CONTROL THE FIGHT OR FLIGHT RESPONSE** and free yourself from avoidance behaviours.

The Encyclopedia of Phobias, Fears, and Anxieties, Third Edition

Explains the meaning of terms and concepts related to specific phobias, forms of therapy, and medicines, and identifies key researchers.

Gabbard's Treatments of Psychiatric Disorders

The definitive treatment textbook in psychiatry, this fifth edition of *Gabbard's Treatments of Psychiatric Disorders* has been thoroughly restructured to reflect the new DSM-5® categories, preserving its value as a state-of-the-art resource and increasing its utility in the field. The editors have produced a volume that is both comprehensive and concise, meeting the needs of clinicians who prefer a single, user-friendly volume. In the service of brevity, the book focuses on treatment over diagnostic considerations, and addresses both empirically-validated treatments and accumulated clinical wisdom where research is lacking. Noteworthy features include the following: Content is organized according to DSM-5® categories to make for rapid retrieval of relevant treatment information for the busy clinician. Outcome studies and expert opinion are presented in an accessible way to help the clinician know what treatment to use for which disorder, and how to tailor the treatment to the patient. Content is restricted to the major psychiatric conditions seen in clinical practice while leaving out less common conditions and those that have limited outcome research related to the disorder, resulting in a more streamlined and affordable text. Chapters are meticulously referenced and include dozens of tables, figures, and other illustrative features that enhance comprehension and recall. An authoritative resource for psychiatrists, psychologists, and psychiatric nurses, and an outstanding reference for students in the mental health professions, *Gabbard's Treatments of Psychiatric Disorders, Fifth Edition*, will prove indispensable to clinicians seeking to provide excellent care while transitioning to a DSM-5®

world.

Conquer Needle Phobia

This book was inspired by a request from a colleague. He suggested I write an evidence-based book for the millions of people across the globe who have needle fears and phobias. The sad reality is there are simply not enough trained mental health professionals to offer individualized treatment for those fearful of getting vaccinated, visiting their dentist, or having blood withdrawn. Conquer Needle Phobia was written to offer you practical tools that you can use whenever you face getting your next shot, receiving a needle injection, or having your blood drawn. Use this book as a reference and resource companion to gain greater knowledge, reduced anxiety, and increased confidence. Facing your fears is never easy, but the hope is that after reading this book you will at very least find the prospect of getting injections of any kind more tolerable.

The Pulp Horror Book of Phobias

Phobias are defined as an irrational and extreme fear to something. It could be anything as long as it causes an intense and debilitating fear. What happens when these irrational fears/phobias become reality? When the irrational becomes rational and there's a reason to be scared? Find out in The Pulp Horror Book of Phobias. We've created an A to Z phobia list and elevated each one to a new level of fear. These stories come to life in ways that will make you want to sleep with the light on, double check the locks on your door, and think twice before dismissing your fear as irrational.

Intensive One-Session Treatment of Specific Phobias

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.

Anxiety & Phobia Workbook (Volume 1 of 2) (EasyRead Comfort Edition)

Winner, 2020 Body and Embodiment Best Publication Award, given by the American Sociological Association Honorable Mention, 2020 Sociology of Sex and Gender Distinguished Book Award, given by the American Sociological Association How the female body has been racialized for over two hundred years There is an obesity epidemic in this country and poor Black women are particularly stigmatized as “diseased” and a burden on the public health care system. This is only the most recent incarnation of the fear of fat Black women, which Sabrina Strings shows took root more than two hundred years ago. Strings weaves together an eye-opening historical narrative ranging from the Renaissance to the current moment, analyzing important works of art, newspaper and magazine articles, and scientific literature and medical journals—where fat

bodies were once praised—showing that fat phobia, as it relates to Black women, did not originate with medical findings, but with the Enlightenment era belief that fatness was evidence of “savagery” and racial inferiority. The author argues that the contemporary ideal of slenderness is, at its very core, racialized and racist. Indeed, it was not until the early twentieth century, when racialized attitudes against fatness were already entrenched in the culture, that the medical establishment began its crusade against obesity. An important and original work, *Fearing the Black Body* argues convincingly that fat phobia isn’t about health at all, but rather a means of using the body to validate race, class, and gender prejudice.

Fearing the Black Body

Levinson, a professor of psychiatry at New York University Medical School, claims to “have discovered that the inner ear is responsible for phobic behavior.” He argues that such behavior consists of sensory misprocessing triggered by concussion, mononucleosis, prolonged air travel, menopause, and similar physiologically destabilizing factors. Treatment can be limited to medications for motion sickness. Levinson's style may be overly insistent, but he gives his controversial work a clear and convincing format that includes case histories and definitions of symptoms. His advice on obtaining proper diagnosis and treatment is particularly welcome. For subject collections. William Abrams, Portland State Univ. Lib., Ore. - Library Journal.

Phobia Free

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.

Phobias

One in four people suffer from phobias, yet, they are the easiest psychological problem to treat. Psychologist and phobias expert Anthony Gunn has spent a lifetime helping people overcome their phobias, and has developed a simple, ten-step programme that anyone can do and which takes only 90 minutes. This includes: ·Anti-fainting exercises ·Deep breathing techniques ·Recognising and labelling phobic thoughts ·Learning how to get through times of panic *Fix Your Phobia in 90 Minutes* is an easy-to-read and practical guide which will help you face and ultimately treat your phobia. It will also give you the confidence and skills to tackle other challenges in your life, such as job interviews, social interactions, parenting and business. Take charge now!

Fears and Phobias

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 therapy *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.

Fix Your Phobia in 90 Minutes

Describes how phobias develop, discusses their symptoms and treatment, and gives advice on how to avoid and prevent anxiety attacks

Phobias and How to Overcome Them

This volume brings together research into diverse aspects of social anxiety and its clinical form, social phobia, in adolescents. Development of the condition, clinical manifestations and treatment strategies are all addressed, with emphasis on ways in which adolescent development and context are reflected in the manifestation and treatment of symptoms. The book is divided into three parts that review epidemiological, neurobiological and sociopsychological research on vulnerability factors, examine the phenomenology and assessment of social anxiety and phobia in different developmental contexts and discuss evidence-based prevention and treatment options for adolescent social anxiety and phobia. *Social Anxiety and Phobia in Adolescents* will be informative and interesting for all child and adolescent psychiatrists, clinical psychologists and psychotherapists as well as for school psychologists and counsellors.

Phobias

The first book to describe evidence-based treatment of dental phobia using brief CBT, based on the pioneering single-session treatment for specific phobias developed by Lars-Göran Öst. Brings together research, experience and techniques from clinical psychology and dentistry to describe evidence-based treatment of dental phobia in clinical and dental contexts Chapters describe epidemiology, diagnosis and differential diagnosis, symptoms, clinical characteristics and consequences, and aetiology of dental phobia Also covers related issues including intra-oral injection phobia, dental treatment of fearful children, and the use of medication to supplement psychological treatment of fear

Social Anxiety and Phobia in Adolescents

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.

Cognitive Behavioral Therapy for Dental Phobia and Anxiety

The must-have, unparalleled, essential resource for people struggling with anxiety and phobias—now in its 8th edition with more than 1.4 million copies sold. The Anxiety and Phobia Workbook offers powerful, step-by-step treatment strategies for panic disorders, agoraphobia, generalized anxiety disorder, obsessive-compulsive disorder (OCD), post-traumatic stress disorder (PTSD), worry, and fear. Readers will also find new information on climate anxiety, health anxiety, and coping with uncertainty.

What Are Phobias?

Mastery of Your Fears and Phobias, Second Edition, Workbook outlines a cognitive-behavioral treatment program for individuals who suffer from specific fears and phobias, including fear of blood, heights, driving, flying, water, and others. The program described in this workbook has proved to be the most effective treatment available for fears and phobias to date. It has a success rate of up to 90% with as little as one treatment session. Based on the principles of cognitive-behavioral therapy (CBT), this workbook teaches clients about the nature of their fear and how to overcome it through exposures and changing their negative thoughts. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

The Anxiety and Phobia Workbook

Explains the meaning of terms and concepts related to specific phobias, forms of therapy, and medicines, and identifies key researchers.

Mastering Your Fears and Phobias

As the makers of blockbuster movies like *The Birds*, *Jaws* and *Arachnophobia* well know, animal fears are the most commonly reported phobias. Some 6 percent of Americans suffer from diagnosable animal phobia at any given time, and 11 percent will experience an episode at some time in their lives. Nearly three quarters of animal phobia sufferers are women, and most symptoms of animal phobia come on in childhood. Since most people with animal phobias experience panic attacks when they encounter certain animals, these fears can cause victims to lose significant quality of life. Fortunately, specific phobias are among the most responsive of anxiety disorders to behavior therapy, the research-proven treatment adapted for self-help readers in this book. Readers first learn about their phobia, where it comes from, what factors influence it, and how best to prepare for treatment. Then they learn to confront and overcome their animal and insect phobia. These techniques are effective and fast. The book includes information about avoiding relapse and helping someone else who suffers from an animal phobia.

The Encyclopedia of Phobias, Fears, and Anxieties

A great benefit of being a clinical child psychologist is the opportunity to conduct and review research on fascinating areas of human, youthful behavior. And perhaps no behavior is as central to human existence as social behavior, and the lack thereof. In writing this book, therefore, I have been doubly blessed with the chance to examine seminal works on behaviors that are so critical to the development and quality of life of children. This book covers the major historical aspects, characteristics, assessment strategies, and psychological treatment techniques for youths with social anxiety and social phobia. Chapter 1 provides an introduction to the related constructs and history of social phobia. Chapters 2 and 3 provide a summary of the characteristics and etiological variables that pertain most to youths with social anxiety and social phobia. Chapters 4 and 5 provide an overview of research- and clinically-based assessment strategies and recommendations for this population. Chapters 6–9 provide a description of treatment techniques that are most relevant and empirically supported for youths with social anxiety and social phobia. Chapter 10 covers

issues regarding general and relapse prevention as well as difficult cases and future directions.

Overcoming Animal and Insect Phobias

Did you leave work yesterday and have a stab of fear that you'd forgotten to press save before switching off your computer? Did you then go to the pub, get very drunk, then wake this morning unable to remember what awful things you might have said or done ...? You're not paranoid (most of the time) but suffering from modern phobias. Such as Antefamaphobia - the fear that people were talking about you, but stopped just before you entered the room. Or Agmenophobia - the fear that the queue you join will end up being slower than the other one. The Book of Phobias will confirm every sneaking suspicion you have of a suffering from a weird and wonderful phobia, and highlight some you never knew you had!

Anxiety & Phobia Workbook (Volume 1 of 3) (EasyRead Super Large 18pt Edition)

Millions suffer from one phobia or another. A comprehensive study that explores and reassures, which Library Journal proclaims \"is the only one of its kind.\"

Social Anxiety and Social Phobia in Youth

This book is a compilation of various phobias, causes, coping strategies and interventions. Phobia is an extreme and irrational fear which leads to Anxiety. It is characterized by persistent and excessive fear of an object or situation. The affected person avoids the situation or object, to a degree greater than the actual danger that is being posed by the object or situation. If the trigger cannot be avoided, the affected individual experiences significant distress.

Modern Phobias

Panic disorder and phobia are difficulties that are commonly encountered in our consulting rooms. There is an ongoing debate concerning the lack of provision within the NHS to help those with mental health problems. This book puts forward a different method of recovery called systematic desensitisation, which is rarely covered by the many books that are available on the subject. Rhona M. Fear presents this method both as a former patient and as a therapist of almost thirty years standing. It can be learned and used highly successfully by practitioners to help alleviate panic disorder and phobia.

Phobias

Humorously Uncovers the Reasons Behind Math's Dreadful Reputation and Shows us How we Can Help Prevent Our Own Children From Adopting Similar Phobic Attitudes

P H O B I A

Illustrating the power of play for helping children overcome a wide variety of worries, fears, and phobias, this book provides a toolkit of play therapy approaches and techniques. Coverage encompasses everyday fears and worries in 3- to 12-year-olds as well as anxiety disorders and posttraumatic problems. Leading practitioners describe their approaches step by step and share vivid illustrative case material. Each chapter also summarizes the research base for the interventions discussed. Key topics include adapting therapy to each child's developmental level, engaging reluctant or less communicative clients, and involving parents in treatment.

Systematic Desensitisation for Panic and Phobia

"This excellent book contains many different scripts, applicable to a number of special populations. It takes a practical approach and walks therapists step-by-step through the EMDR therapeutic process. [Readers] will not be disappointed.\" Score: 93, 4 stars --Doody's Praise from a practicing EMDR therapist and user of Eye Movement Desensitization and Reprocessing (EMDR) Scripted Protocols: \"Kudos to...everyone who contributed to this important volume....[It] is an indispensable resource. Thank you, thank you, thank you!\" --Andrea B. Goldberg, LCSW EMDRIA Certified EMDR Therapist EMDRIA Consultant-in-training Bloomfield and Newark, NJ This book serves as a one-stop resource where therapists can access a wide range of word-for-word scripted protocols for EMDR practice, including the past, present, and future templates. These scripts are conveniently outlined in an easy-to-use, manual style template for therapists, allowing them to have a reliable, consistent form and procedure when using EMDR with clients. The book contains an entire section on the development of resources and on clinician self-care. There is a self-awareness questionnaire to assist clinicians in identifying potential problems that often arise in treatment, allowing for strategies to deal with them. Also included are helpful past memory, current triggers and future template worksheet scripts. Key topics include: Client history taking that will inform the treatment process of patients Resource development to help clients identify and target their problems to regain control when issues appear overwhelming Scripts for the 6 basic EMDR Protocols for traumatic events, current anxieties and behaviors, recent traumatic events, phobias, excessive grief, and illness and somatic disorders Early intervention procedures for man-made and natural catastrophes EMDR and early interventions for groups, including work with children, adolescents, and adults Written workbook format for individual or group EMDR EMDR to enhance performance and positive emotion

Math

Play-Based Interventions for Childhood Anxieties, Fears, and Phobias

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