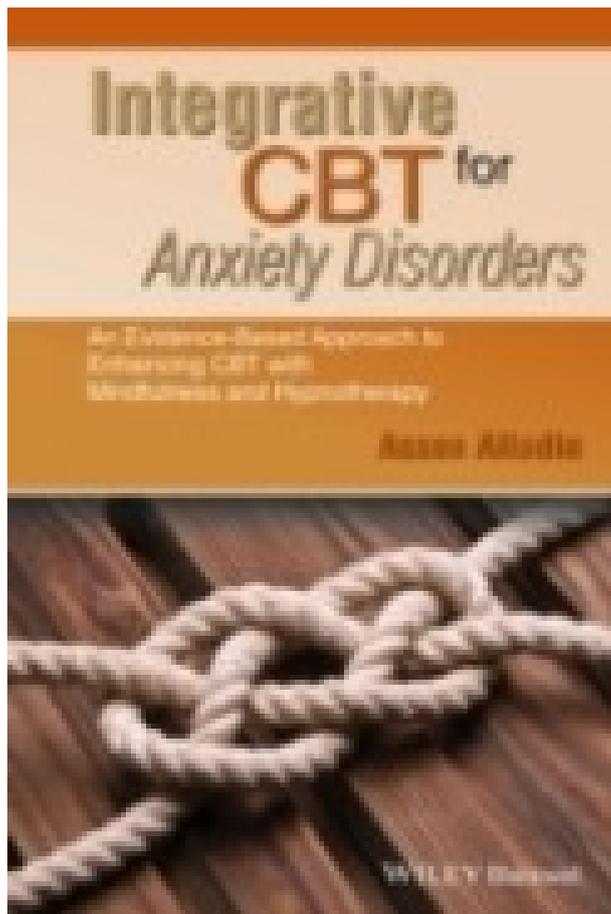


# Integrative CBT for Anxiety Disorders



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Integrative CBT for Anxiety Disorders applies a systematic integrative approach, Cognitive Hypnotherapy (CH), to the psychological treatment of anxiety disorders. It demonstrates how simple techniques can be used to create a therapeutic context within which CBT is more effective. \* An evidence-based approach to enhancing CBT with hypnosis and mindfulness when treating anxiety disorders shows how simple techniques can be used to create a therapeutic context within which CBT can become more effective \* Offers detailed and comprehensive coverage for practitioners, with specific protocols for each anxiety disorder covered and a short case study per treatment chapter in order to demonstrate the approach in action \* Anxiety disorders is an area where the interaction between conscious and unconscious processes is especially important, and where the use of hypnotherapeutic and mindfulness techniques can therefore be especially effective \* Builds on the author's research and experience and develops his significant earlier work in this area notably Cognitive Hypnotherapy: An Integrated Approach to the Treatment of Emotional Disorders (Wiley, 2008)

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