



Handbook of Exposure Therapies

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Exposure Therapy refers to any clinical intervention in which a client directly confronts a source of fear. Since high levels of anxiety can not be maintained indefinitely, repeated exposure leads to decreased anxiety. This type of treatment is effective with phobias, post traumatic stress disorder, obsessive compulsive disorders, panic, generalized anxiety, and several other disorders. It's also been found to be effective in helping to treat substance abuse. Although exposure-based treatments have been extensively researched and reported in the literature, there is no single comprehensive treatment of exposure therapies. Writings tend to be limited to larger pieces on treating specific disorders or types of patients. A comprehensive book on the use of these treatments across patient disorders will be of great use to practitioners.

The book is divided into three sections: Foundation, Applications, and Issues. Foundation chapters considers theoretical and assessment issues. Applications chapters will discuss research literature on each disorder having been proven to be successfully treated with exposure therapy. Issue chapters will discuss liability issues, false memory syndrome, and the use of computers and virtual reality in exposure therapy.

- *Covers the broad range of exposure therapies in one comprehensive source
- *Provides an integrated look at exposure therapy across a variety of disorders
- *Each such chapter will include a case study
- *Blends literature review and practice guidelines

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