



Social Anxiety Disorder (Advances in Psychotherapy -- Evidence-Based Practice)

Martin M. Antony, Karen Rowa

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Social anxiety is a widely encountered problem, but there are few resources available to provide straightforward, accessible assessment and treatment information for practitioners. This book aims to fill that gap. Over the past 20 years, effective tools have been developed to identify and treat individuals with social anxiety. The current book provides up-to-date information on the diagnosis, identification, conceptualization, and treatment of social anxiety and social phobia.

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