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Advances in Psychotherapy, Evidence Based  
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*Craig Marker, Alison G. Aylward*

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## **Generalized Anxiety Disorder in the series Advcances in Psychotherapy, Evidence Based Practice (Advances in Psychotherapy - Evidence-Based Practice) Craig Marker, Alison G. Aylward**

Generalized anxiety disorder (GAD) is a debilitating disorder that has often proved difficult to treat. Advances in conceptualization, diagnosis, and treatment now allow an empirically supported approach to its diagnosis and treatment. After briefly outlining theoretical models, this clear and concise book presents an integrative, up-to-date treatment protocol for GAD. Suitable both for practitioners and for students, it guides readers through assessment and differential diagnosis, etiological models such as cognitive avoidance, positive beliefs about worry, and intolerance of uncertainty, and treatment techniques. The therapeutic approach described here integrates techniques from CBT, mindfulness- and acceptance-based therapy, as well as motivational interviewing. This practical volume is rounded off by case vignettes, handouts, questionnaires, and other useful tools.

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