



# **Intensive One-Session Treatment of Specific Phobias (Autism and Child Psychopathology Series)**

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# Intensive One-Session Treatment of Specific Phobias (Autism and Child Psychopathology Series)

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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.



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