

## **Solution focused anxiety management : a treatment and training manual / Ellen K. Quick**

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20427719&lokasi=lokal>

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### **Abstrak**

Solution focused anxiety management provides the clinician with evidence-based techniques to help clients manage anxiety. Cognitive behavioral and strategic tools, acceptance-based ideas, and mindfulness are introduced from a solution-focused perspective and tailored to client strengths and preferences.

The book presents the conceptual foundation, methods, and attitudes of a solution-focused approach. Case examples illustrate how to transform anxiety into the "Four Cs" (courage, coping, appropriate caution and choice). Readers learn how to utilize solution focused anxiety management in single-session, brief, and intermittent therapy as well as in a class setting.

The book additionally includes all materials needed for teaching solution focused anxiety management in a four-session psychoeducational class: complete instructor notes, learner readings, and companion online materials.

### **Special features :**

- Focuses on what works in anxiety management
- Presents evidenced based techniques from a solution-focused perspective
- Increases effectiveness by utilizing client strengths and preferences
- Describes applications in single session, brief, and intermittent therapy
- Supplies forms and worksheets for the therapist to use in practice
- Features clinically rich case examples
- Supplements text with online companion material
- Suitable for use as a treatment manual, reference, or course text