

Cambridge University Press

0521788773 - The Treatment of Anxiety Disorders, Second Edition: Clinician Guides and Patient Manuals

Gavin Andrews, Mark Creamer, Rocco Crino, Caroline Hunt, Lisa Lampe and Andrew Page

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The Treatment of Anxiety Disorders

Clinician Guides and Patient Manuals

The Treatment of Anxiety Disorders brought together concise yet thorough theoretical reviews with practical guides to treatment. In this completely revised second edition Gavin Andrews and his co-authors review new developments in the research and treatment of anxiety disorders and provide up-to-date treatment materials. Over half the material in the second edition is new, and there is an entirely new section covering posttraumatic stress disorder. This is a unique and authoritative overview of the recognition and treatment of anxiety disorders, giving Clinician Guides and Patient Treatment Manuals for each. The Clinician Guides describe how to create treatment programs, drawing upon materials and methods that the authors have used successfully in clinical practice for 15 years. The Patient Treatment Manuals provide session-by-session resources for clinician and patient to work through, enabling each patient to better understand and put into effect the strategies of cognitive behavior therapy.

From reviews of the first edition:

“In my opinion this book deserves a place in any medical library for its clear and comprehensive theoretical overview, and its synthesis of theory and practice for all doctors whose work brings them into contact with anxious patients.”

Journal of the Royal Society of Medicine

“*The Treatment of Anxiety Disorders* is a well-referenced resource book and treatment guide.”

ADAA Reporter

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The Treatment of Anxiety Disorders

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Second Edition

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Although case histories are drawn from actual cases, every effort has been made to disguise the identities of the individuals involved.

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Preface to the second edition

The first edition of this book was developed from the Patient Treatment Manuals that had been used in the Clinical Research Unit for Anxiety and Depression for the treatment of patients with anxiety disorders. Specialized treatment programs for anxiety disorders were initiated in 1978 modeled on the treatment program for adult stutterers with which Dr. Andrews had long been associated. John Franklin designed and tested the first program for patients with agoraphobia in 1979. Since then programs for panic disorder and agoraphobia, social phobia, specific phobias, generalized anxiety disorder, and obsessive–compulsive disorder have been developed and tested. During these 20 years, many people have contributed to the redevelopment and testing of the Manuals for the various programs. Significant contributions have been made by previous staff members of the unit, in particular John Franklin, Paul Friend, Stephen MacMahon, Richard Mattick, Carmen Moran, Conrad Newman, Susan Tanner, and Morison Tarrant. Robin Harvey was the administrator of the Unit. Advice about the first edition of this book was forthcoming from Alex Blaszczyński, Anette Johansson, Colin MacLeod, Richard Mattick, Hugh Morgan, Michael Nicholas, Cindy Page, Ron Rapee, Mark Ryan, Derrick Silove, Michelle Singh, and Beth Spencer: their help is gratefully acknowledged.

The second edition has been a much easier task. First, knowing that the first edition lacked a credible section on posttraumatic stress disorder, we invited Mark Creamer, the Director of the Australian Centre for Posttraumatic Mental Health, to contribute. Second, having taught from the book to graduate students and to practicing clinicians for some 7 years we had clear ideas about the changes that were necessary. Third, the explosive growth in the literature in the past 7 years meant that revising the chapters was exciting, rather than boring. Fourth, the natural development of the treatment programs in the clinic meant that the treatment manuals are themselves quite altered and we are grateful for advice from Stephanie Rosser and Merran Lindsay on this matter. Last, Dr. Page and Dr. Hunt now work in clinics of other universities so their contributions contain knowledge from those environments. Thus the book now comes from the clinics associated

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with four leading universities and is no longer the partisan view of CRUFAD. Nevertheless we would recommend that readers supplement this book by recourse to the CRUFAD website (www.crufad.org) for themselves and their patients.

The enthusiasm and guidance of Richard Barling and Pauline Graham of Cambridge University Press is gratefully acknowledged.

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Abbreviations

Abbreviations have been kept to a minimum. Some are confined to certain chapters and will be defined there. Those used throughout the book are:

DSM-III	<i>Diagnostic and Statistical Manual</i> , 3rd edition (APA, 1980)
DSM-III-R	<i>Diagnostic and Statistical Manual</i> , 3rd edition (revised) (APA, 1987)
DSM-IV	<i>Diagnostic and Statistical Manual</i> , 4th edition (APA, 1994)
ICD-10	<i>International Classification of Diseases</i> , 10th revision, <i>Classification of Mental and Behavioural Disorders, Diagnostic Criteria for Research</i> (WHO, 1993)
OCD	Obsessive–compulsive disorder
GAD	Generalized anxiety disorder
PTSD	Posttraumatic stress disorder