

PSYCHOLOGICAL APPROACHES TO GENERALIZED ANXIETY DISORDER%0A

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Generalized Anxiety Disorder | Psychology Today
Generalized anxiety disorder (GAD) is much more than the normal anxiety people experience day to day. It is chronic and sufferers experience severe worry and tension, often without provocation.

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[Psychological Approaches to Generalized Anxiety Disorder](#) has much information of interest to new and seasoned clinicians, clinical researchers, and academic psychologists. It is also an especially valuable reference for graduate students treating or studying the anxiety spectrum.

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[Psychological Approaches to Generalized Anxiety Disorder](#) is a compendium of techniques with which all cognitive-behavioral therapists should be familiar, presented in a step-by-step, easy-to-digest fashion. The beginning clinician will find the detailed description of techniques and the theory underlying their use to be most helpful in helping clients overcome the cognitive, somatic, and

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[Psychological Approaches to Generalized Anxiety Disorder A Clinician's Guide to Assessment and Treatment](#) Holly Hazlett-Stevens, Ph.D. University of Nevada, Reno

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Treatment for generalized anxiety disorder (GAD) is varied, and a number of approaches work equally well. Typically the most effective treatment will be an approach which incorporates both

Cognitive and Behavioral Therapies for Generalized Anxiety ...

Description. Cognitive and behavioral therapies for generalized anxiety disorder (GAD) refer to a variety of techniques that can be provided individually or in combination.

Beyond worry: How psychologists help with anxiety disorders

Generalized anxiety disorder is characterized by persistent worry or anxious feelings. People with this disorder worry about a number of concerns, such as health problems or finances, and may have a general sense that something bad is going to happen. Symptoms include restlessness, irritability, muscle tension, difficulty concentrating, sleep problems and generally feeling on edge. Panic