



# **Understanding and Treating Panic Disorder: Cognitive-Behavioural Approaches (Wiley Series in Clinical Psychology)**

*Steven Taylor*

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## **Understanding and Treating Panic Disorder: Cognitive-Behavioural Approaches (Wiley Series in Clinical Psychology)** Steven Taylor

This guide integrates theory, research, and treatment guidelines for using the major cognitive and behavioural interventions for treating both routine and challenging cases of panic disorder (with or without agoraphobia). Challenging cases include: those in which panic disorder is comorbid with other disorders; atypical cases; and treatment-resistant cases. A case-formulation approach is described for helping the clinician understand the causes and optimal treatments of the patient's problems. It reviews indications, caveats, and contraindications for various treatment procedures (typically not covered in detail in other books). Emphasizing empirically validated treatments, it describes protocols for implementing CBT in specific settings (e.g. emergency rooms, rural settings) and for specific populations (e.g., children, adolescents, the elderly).

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