



CBT for Worry and Generalised Anxiety Disorder

Andrew Wilkinson, Kevin Meares, Mark Freeston

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This practical introduction helps trainees use cognitive behavioural therapy to assess and treat generalised anxiety disorder (GAD), one of the most commonly presented client issues. Taking the reader step-by-step through each stage of CBT with anxiety and worry, the authors illustrate the whole range of different treatment techniques whilst keeping the book accessible and concise.

Tailored to current High and Low Intensity (IAPT) training, it covers self-help literature as well as traditional one-to-one therapy. The book:

- contains illustrative case material, balancing an evidence-based approach with awareness of the realities of today's practice
- alerts trainees to the potential complicating factors and the co-existence of other anxiety or mood disorders alongside GAD
- addresses cross-cutting professional themes, such as working with morbidity and the pressures of working within NHS settings.

Bridging the gap between theory and practice, this book is essential reading for all CBT trainees on IAPT programmes, as well as trainees on postgraduate counselling, psychotherapy and clinical psychology courses. Qualified therapists who require an update in this area will also find this a useful resource.

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