



# **Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: From Science to Practice (Practical Clinical Guidebooks)**

*Michel J. Dugas, Melisa Robichaud*

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By focusing on the cognitive-behavioral model and treatment options, Dugas and Robichaud present a detailed analysis of the etiology, assessment, and treatment of Generalized Anxiety Disorder (GAD).

*Cognitive-Behavioral Treatment for Generalized Anxiety Disorder: From Science to Practice* provides a review of the empirical support for the different models of GAD. It includes a detailed description of the assessment and step-by-step treatment of GAD (including many examples of therapist-client dialogue), data on treatment efficacy in individual and group therapy, and concludes with a description of maintenance and follow-up strategies.

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