



Treatment Plans and Interventions for Depression and Anxiety Disorders

Robert L. Leahy, Stephen J. Holland

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Includes CD-ROM with Reproducible Forms!

This one-of-a-kind resource provides the busy practitioner with empirically supported treatments for seven frequently encountered disorders: major depression, generalized anxiety, panic and agoraphobia, PTSD, social phobia, specific phobia, and obsessive-compulsive disorder. Serving as ready-to-use treatment packages, chapters describe basic cognitive-behavioral therapy (CBT) techniques and how to tailor them to each disorder. Also featured are diagnostic flow charts; therapist forms for assessment and record keeping; client handouts and homework sheets; and session-by-session case examples. Tips for troubleshooting common therapeutic roadblocks are presented, as are strategies for ensuring third-party payment authorization. The searchable CD-ROM enables clinicians to rapidly generate individualized treatment plans, print extra copies of therapist and client forms, find the facts about commonly prescribed medications, and learn more about cognitive-behavioral techniques. Facilitating effective treatment that is adapted to the realities of the typical outpatient setting, including the demands of managed care, this book and CD-ROM will be prized by novice and experienced clinicians alike.

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