

Jonathan S. Abramowitz & Autumn E. Braddock

Hypochondriasis and Health Anxiety

In the series: Advances in Psychotherapy – Evidence-Based Practice: Volume 19

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An essential resource for anyone providing services for individuals with somatoform or anxiety disorders

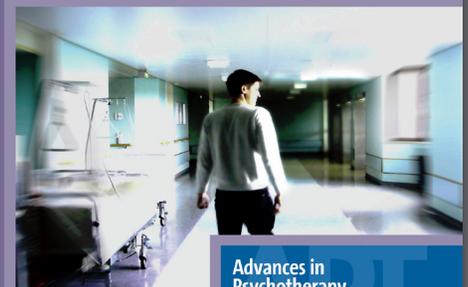
Cognitive-behavioral therapy is now the treatment of choice for individuals with health anxiety and related problems. The latest research shows that it results in reductions in health-related worries, reassurance-seeking behavior, and phobic avoidance, as well as increases in life satisfaction and everyday functioning.

This compact, easy to understand book by experts Jonathan S. Abramowitz and Autumn E. Braddock opens with an overview of the diagnostic issues and assessment of health anxiety, and delineates a research-based conceptual framework for understanding the development, maintenance, and treatment of this problem.

The focus of the book is a highly practical guide to implementing treatment, packed with helpful clinical pearls, therapist-patient dialogues, illustrative case vignettes, and sample forms and handouts. Readers are equipped with skills for engaging reluctant patients in treatment and tailoring educational, cognitive, and behavioral techniques for health-related anxiety. The book, which also addresses common obstacles in treatment, represents an essential resource for anyone providing services for individuals with somatoform or anxiety disorders.

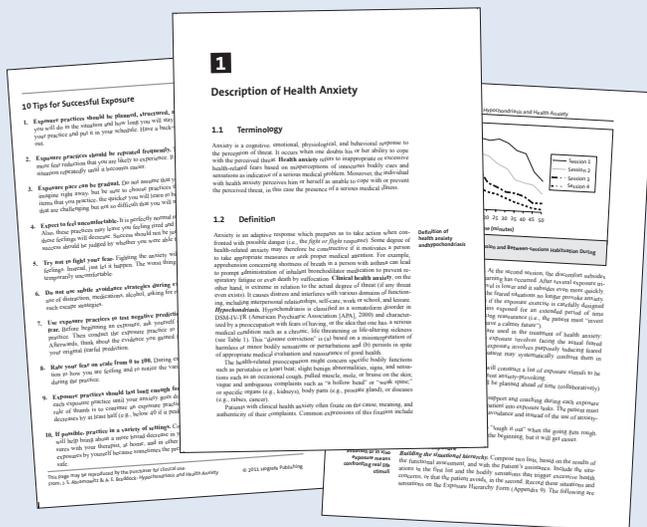
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Hypochondriasis and Health Anxiety



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About the Authors

Jonathan S. Abramowitz, Ph.D., ABPP, is Professor and Associate Chair of Psychology at the University of North Carolina at Chapel Hill. He is an international expert on the treatment of anxiety disorders, having published over 150 research articles, book chapters, and books. He regularly presents workshops for clinicians on the treatment of anxiety disorders.



Autumn E. Braddock, PhD, is a primary care psychologist within the Veterans Affairs Greater Los Angeles Healthcare System, specializing in behavioral medicine and cognitive-behavioral therapy for anxiety disorders. She has presented her research, primarily addressing anxiety within medical populations, at national and international conferences.

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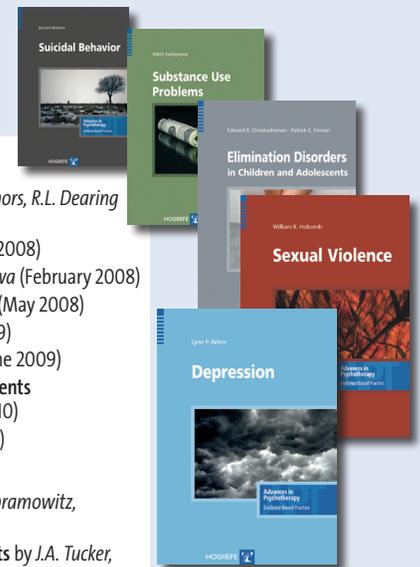
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