



# Mastery of Your Specific Phobia, Therapist Guide (Therapyworks)

*Michelle G. Craske, Martin M. Antony, David H. Barlow*

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Specific phobias are some of the most prevalent of anxiety disorders. *Mastery of Your Specific Phobia* helps clients become active participants as they explore the nature of specific phobias including definitions, prevalence, and causes of phobias, and learn proven strategies for overcoming phobias, including exposure-based and cognitive techniques for reducing fear.

*Mastery of Your Specific Phobia* is an empirically-supported, cognitive-behavioral treatment program designed for patients diagnosed with a specific phobia, according to DSM-IV criteria. The program describes treatment strategies for a variety of specific phobias, including: animal phobias, natural environment phobias, situational phobias, blood, injection, or injury phobias and other phobias.

*The Therapist Guide* presents information on the development and efficacy of cognitive-behavioral treatment for specific phobias and guides the clinician through a session-by-session treatment program. Detailed therapeutic interventions are described to help clients manage fear and anxiety, including objective self-monitoring techniques, systematic desensitization, and cognitive restructuring. Interoceptive and in-vivo exposure exercises are presented to help clients overcome phobic avoidance.

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