



# Cognitive-Behavioral Group Therapy for Social Phobia: Basic Mechanisms and Clinical Strategies

*Richard G. Heimberg, Robert E. Becker*

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## **Cognitive-Behavioral Group Therapy for Social Phobia: Basic Mechanisms and Clinical Strategies**

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This volume presents the first published manual for cognitive-behavioral group therapy for social phobia (CBGT), an empirically supported treatment approach that has been applied in clinical and research settings for over 20 years. Part I provides an up-to-date overview of the disorder, addressing such issues as classification, diagnosis, prevalence, and comorbidity. A comprehensive cognitive-behavioral model of social phobia is delineated, and assessment procedures are described in depth. Part II takes the clinician step by step through implementing each of the 12 sessions of CBGT. The authors demonstrate how to orient clients to the approach; implement in-session exposures, cognitive restructuring techniques, and homework assignments; and overcome stumbling blocks in treatment. Filled with helpful clinical pointers, case examples, and therapist-client dialogues, the book also includes handy sample handouts and forms.

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