



# **Solution Focused Anxiety Management: A Treatment and Training Manual (Practical Resources for the Mental Health Professional)**

*Ellen K. Quick*

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*Solution Focused Anxiety Management* provides the clinician with evidence-based techniques to help clients manage anxiety. Cognitive behavioral and strategic tools, acceptance-based ideas, and mindfulness are introduced from a solution-focused perspective and tailored to client strengths and preferences.


The book presents the conceptual foundation, methods, and attitudes of a solution-focused approach. Case examples illustrate how to transform anxiety into the "Four Cs" (courage, coping, appropriate caution and choice). Readers learn how to utilize solution focused anxiety management in single-session, brief, and intermittent therapy as well as in a class setting.

The book additionally includes all materials needed for teaching solution focused anxiety management in a four-session psychoeducational class: complete instructor notes, learner readings, and companion online materials.

Special Features:

- Focuses on what works in anxiety management
  - Presents evidenced based techniques from a solution-focused perspective
  - Increases effectiveness by utilizing client strengths and preferences
  - Describes applications in single session, brief, and intermittent therapy
  - Supplies forms and worksheets for the therapist to use in practice
  - Features clinically rich case examples
  - Supplements text with online companion material
  - Suitable for use as a treatment manual, reference, or course text
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- Offers a solution-focused anxiety treatment
  - Focuses on anxiety management, not "elimination"
  - Translates the program to individual therapy
  - Presents patient exercises and case examples
  - Includes a guide for teaching/learning this therapeutic technique

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