



Clinical Handbook of Psychological Disorders, Fifth Edition

By David H Barlow

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This clinical reference and widely adopted text is recognized as the premier guide to understanding and treating frequently encountered psychological disorders in adults. Showcasing evidence-based psychotherapy models, the volume addresses the most pressing question asked by students and practitioners--"How do I do it?" Leading authorities present state-of-the-art information on each clinical problem and explain the conceptual and empirical bases of their respective therapeutic approaches. Procedures for assessment, case formulation, treatment planning, and intervention are described in detail. Extended case examples with session transcripts illustrate each component of treatment. New to This Edition

- *Incorporates treatment innovations, the latest empirical findings, and changes to diagnostic criteria in DSM-5.
- *Chapter on acceptance-based treatment of generalized anxiety disorder.
- *Chapter on comorbid depression and substance abuse, demonstrating a transdiagnostic approach.
- *Chapter on sleep disorders.

See also *Clinical Handbook of Psychological Disorders in Children and Adolescents*, edited by Christopher A. Flessner and John C. Piacentini.

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