



The Essential Handbook of Social Anxiety for Clinicians

From Lynn E Alden

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Essentials of Social Anxiety is a shorter, revised paperback edition of The International Handbook of Social Anxiety, focusing on developmental and clinical perspectives. It is organized into two parts: The Development of Social Anxiety; and Clinical Perspectives and Interventions. Like the International Handbook, it covers research, assessment and treatment, giving clinical practitioners comprehensive coverage of the area and a single concise desk reference.

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Editorial Review

Review

"...An essential book for professionals working with anxiety due to the well-written, researched and scholarly chapters with many relevant references and a useful index." (International Journal of Adolescent Medical Health, Vol 17 (4), 2005)

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From the Back Cover

The *Essential Handbook of Social Anxiety for Clinicians* contains a selection of revised and updated chapters from the successful International Handbook of Social Anxiety. This selection focuses on developmental and clinical perspectives, providing a comprehensive review of research into social anxiety and social phobia. Organized into two sections, this comprehensive volume examines the origins and development of social anxiety alongside its assessment and treatment.

W. Ray Crozier and Lynn E. Alden have brought together leading international experts in developmental psychology, clinical psychology and psychiatry to provide a state-of-the-art account of knowledge on social anxiety.

Authoritative and up-to-date, this volume provides an *Essential* desk reference for clinical psychologists and psychiatrists. It will also be of interest to students, teachers and researchers in developmental, personality and abnormal psychology, as well as those training to practice in clinical psychology, psychiatry, psychotherapy and counselling.

About the Author

W. Ray Crozier (PhD) is Professor of Psychology in the School of Social Sciences, Cardiff University. He is a Fellow of the British Psychological Society. He has published extensively on shyness and embarrassment as well as psychology of art and decision-making, and is the author of *Understanding Shyness* (Palgrave 2001) and editor of *Shyness: Development, Consolidation and Change* (Routledge, 2000). He organized the International Conference on Shyness and Self-consciousness held in Cardiff in 1977.

Lynn E. Alden (PhD) is a Professor in the Department of Psychology at the University of British Columbia. She also holds an appointment as clinical supervisor in the psychology internship program at Vancouver General Hospital. She has served as Director of Clinical Training at UBC, as President of the Canadian Psychological Association. In addition, Dr. Alden served as an Associate Editor of *Cognitive Therapy and Research*. She has published extensively on cognitive-interpersonal perspectives of social anxiety, social phobia, and avoidant personality disorder.

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