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DSM-IV-TR in Action Offering a timely snapshot of current theory and research in the field of psychology in foreign language learning, this book is accessible to both specialists and non-specialists. Each chapter focuses on a different psychological construct and provides an overview of current thinking in the area drawing on insights from educational psychology.

Rewire Your Anxious Brain The Board Review Series (BRS) is aimed at providing basic knowledge as it relates to clinical situations and is used primarily by medical students studying for the United States Medical Licensing Examinations (USMLE). BRS Behavioral Science, Fifth Edition covers material on this subject that is addressed on USMLE Step 1, written in outline format to provide an efficient method of studying behavioral science for USMLE. The book includes at least 500 USMLE-style questions with accompanying annotated answers. An exam follows each chapter and a Comprehensive Exam is included at the end of the book. A companion Website will offer the fully searchable text and an interactive question bank.

Behavioral Science A guide to understanding and managing the many forms of anxiety identifies the biological sensitivities, family influences, and stressors that are at the heart of most experiences of anxiety, in a self-help resource that explains how anxiety is a learned response to stress overload that can be addressed with a range of treatments, from medication and eating plans to herbs and yoga. Original.

Exposure Therapy for Anxiety, Second Edition In the last decade, tremendous progress has been made in understanding and addressing generalized anxiety disorder (GAD), a prevalent yet long-neglected symptom associated with substantial functional impairment and reduced life satisfaction. This comprehensive, empirically based volume brings together leading authorities to review the breadth of current knowledge on the phenomenology, etiology, pathological mechanisms, diagnosis, and treatment of GAD. Provided are psychological and neurobiological models of the disorder that combine cutting-edge research and clinical expertise. Assessment strategies are detailed and promising intervention approaches described in depth, including cognitive-behavioral, interpersonal, psychodynamic, and pharmacological therapies. Also covered are special issues in the treatment of GAD in children, adolescents, and older adults.

Exposure Therapy for Anxiety Leading faculty members in educational psychology, who are expert classroom teachers, describe inherent difficulties encountered when teaching different subject matter in educational psychology to diverse populations of students, including undergraduate teacher candidates, psychology and child development majors, and graduate students in education and psychology. Educational psychology addresses subject matter as diverse as child and adolescent development, motivation, learning, assessment, teacher expertise, and research methods and statistics. Drawing from their years of classroom experience, as well as their expertise in designing and conducting educational research, the contributing authors report their successful instructional efforts and innovations designed to increase student learning and knowledge of the discipline.

The Psychology of Exercise Now revised and expanded to include cutting-edge acceptance-based techniques and a new focus on inhibitory learning, this is the leading guide to therapeutic exposure, a crucial element of evidence-based psychological treatments for anxiety. The book helps the clinician gain skills and confidence for implementing exposure successfully and tailoring interventions to each client's needs, regardless of diagnosis. The theoretical and empirical bases of exposure are reviewed and specialized exposure techniques and protocols are described. User-friendly in layout, this illustrative case examples, sample treatment plans, case data for exercises targeting specific types of fears, and reproducible handouts and forms that can be downloaded and printed in a convenient 8½" x 11" size. New to This Edition "Chapter on acceptance and commitment therapy (ACT) techniques. "Reflects a shift in the field toward inhibitory learning—helping clients learn to tolerate anxiety and uncertainty to maximize long-term outcomes. "Chapter on uses of technology, such as computer-based therapy and virtual reality tools. "Conceptual, empirical, and clinical advances woven throughout.

Assessing Trauma in Forensic Contexts Raising heart. Nausea. Trembling. These are just the physical symptoms of anxiety. Add to that panic, paralyzing fear, and self-doubt and a child is consumed with worry. With the proper care and treatment, a child with anxiety disorders can thrive. This book presents a balanced approach to treatment—from traditional to non-traditional drug and behavioral therapies to relaxation tricks and meditation. Additionally, this helpful guide helps parents determine the causes of their children's anxiety. By working with a trained medical treatment provider, talk with their children about anxiety, find the right counselor, and consult with teachers and school officials. With this guide, parents will have all the resources, tools, and information they need to help their child enjoy a happy, healthy, and well-adjusted childhood!

Foundations of Sport and Exercise Psychology, 6E Insomnia is all too common in our modern culture, and can be devastating to your mental and physical health. Packed with research-based strategies and practical tools, this fully customizable book will show anyone who suffers with insomnia how to get a good night’s sleep—night after night—for a better life. Everyone struggles with sleep from time to time, but when sleepless nights and overdisturbed days become the norm, your well-being is compromised, and frustration and worry increase— including concerns about what's stopping you from getting the sleep you need, and what can be done about it. So, how do you stop the cycle of restless nights and restless nights? End the Insomnia Struggle offers a comprehensive step-by-step, medication-free program that can be individually tailored for anyone who struggles with insomnia. Integrating the physiology of sleep, and proven-effective approaches from cognitive behavioral therapy for insomnia (CBT-I) and acceptance and commitment therapy (ACT), this book provides step-by-experience-based strategies and easy-to-use tools, you’ll finally get to sleep, stay asleep, and wake up rested and ready to see the world as your best self, day after day.

End the Insomnia Struggle Exposure therapy is the most effective psychological treatment for anxiety, yet many clinicians lack the confidence in their ability to implement it effectively while keeping clients engaged. This indispensable book provides guidelines for conducting exposure-based interventions and overcoming common roadblocks. Drawing on cutting-edge theory and research, the authors walk clinicians through assessment and treatment planning and demonstrate a wealth of specific exposure exercises. Clinicians are organized around common anxiety triggers that may cut across different diagnoses, making it easier to tailor treatment to each individual's needs. Several reproducible handouts and forms can be downloaded and printed in a convenient 8½" x 11" size.

Introductory Psychology Featuring more than 1,000 questions, video vignettes, and an online timed assessment, Psychiatry Test Preparation and Review Manual, 4th Edition, remains your #1 choice to prepare for successful exam results in both psychiatry and neurology. This trusted review covers every area of the ABPN board exam, and is also an excellent resource for MCC and PRITE study. Updated content includes questions regarding epidemiology, sexuality and gender, and substance addiction, as well as revisions to match DSM-5 criteria. Features six tests of 150 multiple-choice questions each, as well as 160 multiple-choice questions related to 25 case vignette videos. Allows you to see results broken down by topic online, so you can target areas needing further study. Bookmarking and score archiving are also available online. Permits you to exclude topics which are not included on the MCC, such as neuroscience and neurology, so you can more narrowly focus your study. Brings you up to date with recent information in epidemiology, LGBT sexuality and gender, and substance addiction, as well as the most recent neurology information. New case vignette videos also reflect these additional key areas. Gives clear explanations for both insufficient/incorrect and correct answers, and provides recommended readings from key textbooks.

Psychology: A Journey Sport Psychology The major new text which is ideal for those embarking on the study of Psychology for the first time. Written by experienced teachers and lecturers, it provides a lively, accessible and comprehensive account of the subject. The text features: a- answers, and provides recommended readings from key textbooks.

Yoga Therapy for Stress and Anxiety High Impact Teaching for Sport and Exercise Psychology Educators addresses the need for a resource on effective course design, assessment, content delivery, and classroom management that is specific to educators in sport and exercise psychology. The major new text which is ideal for those embarking on the study of Psychology for the first time. Written by experienced teachers and lecturers, it provides a lively, accessible and comprehensive account of the subject. The text features: a- answers, and provides recommended readings from key textbooks.
as you develop a basic understanding of psychology that will help you succeed in this course and enrich your life. Available with InfoTrac Student Collections http://gocengage.com/infotrac. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

Anxiety and Behavior Covering every area of the ABPN board exam, the 3rd Edition of Psychiatry Test Preparation and Review Manual, by Drs. J. Clive Spiegel and John M. Kenny, includes 1,100 questions, online video vignettes and an online timed assessment to prepare you for certification or recertification success. You'll know exactly what to expect when exam day arrives, thanks to current coverage of the latest research in both psychiatry and neurology, as well as a format that precisely mimics all aspects of the written exam. Features six tests of 150 multiple-choice questions each, as well as 160 multiple-choice questions related to case vignettes. Allows you to see results broken down by topic online, so you can target areas needing further study. Bookmarking and score archiving are also available online. Allows you to exclude topics which are not included on the MOC, such as neuroscience and neurology, so you can more narrowly focus your study. Gives clear explanations for both insufficient/incorrect and correct answers, and provides recommended readings from key textbooks. Reflects the latest research and clinical practice in both psychiatry and neurology. NEW! Eight new video vignettes featuring patient interviews, each with accompanying multiple-choice questions. NEW! All questions relating to diagnostic criteria have been updated to the DSM-5.

Psychology for Language Learning

Psychiatry Test Preparation and Review Manual E-Book Create a personalized path to healing with this step-by-step guide to holistic change. Comprehensive and accessible no matter your skill level, Yoga Therapy for Stress and Anxiety helps you understand what creates a stress-filled life so that you may choose a life of ease instead. Through yoga practice and the lesser-known lifestyle aspects of yoga, you will be able to face all situations from the calm perspective of the higher self. Incorporating exercises, breathing techniques, meditation, and many other tools, this guide provides effective methods for repairing areas of imbalance and identifying your needs. Learn about the five yogic paths of psychology, intellect, health, work, and relationships. Apply a variety of yoga postures for relaxation, improved attitude and sleep, self-acceptance, and more. With the transformative power of a whole-lifestyle approach, you will achieve wellness in your mind, body, and soul. Praise: "A comprehensive and extremely accessible guide for modern health. Grounded in the ancient practices, the three authors weave modern understanding into practical tools that will serve all of us far into the future."—Matthew J. Taylor, PT, PhD, past president of the International Association of Yoga Therapists and author of Fostering Creativity in Rehabilitation

Foundations of Sport and Exercise Psychology, 7E To perform well in today's highly competitive world where technical skills have been advanced to an unprecedented degree, a singer must be able to handle incredible pressure within the performing arena; his or her ability to deal with this stress will often determine whether he or she will succeed. Why, then, do singers with less technical skill sometimes out-perform stars? Why do some stars suddenly stop performing? What is that mysterious factor that makes an electric performance? Consistent, competent performances do not depend solely upon superior vocal skills, nor are they a matter of luck. On the contrary, the best performances result from a combination of mental attitude, concrete performing skills, and excellent technical skills in that order. Yet most singers have never had the opportunity to acquire the essential skills that make for a successful career. Written as a self-help manual for singers at all levels of expertise, Power Performance for Singers is designed to teach performing artists, and especially singers, how to experience elite performance at their level. The skills outlined in this book will help singers use what they have, to enjoy their voices during performance, and to perform consistently to the best of their present ability.

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