



Cognitive Behavioral Therapy for Social Anxiety Disorder: Evidence-Based and Disorder-Specific Treatment Techniques (Practical Clinical Guidebooks)

By *Stefan G. Hofmann, Michael W. Otto*

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Social phobia, or social anxiety disorder, is among the most common (and debilitating) of the anxiety disorders, and at any given time it affects somewhere between 3 and 5% of the US population, with similar statistics found in countries around the world. Cognitive-Behavioral Therapy (CBT) has been demonstrated to be the most effective form of treatment for social phobia, but research has shown that conventional CBT principles and general interventions fall short of the mark. With this in mind, Hofmann and Otto have composed an organized treatment approach that includes specifically designed interventions to strengthen the relevant CBT strategies. This volume builds upon empirical research to address the psychopathology and heterogeneity of social phobia, creating a series of specific interventions with numerous case examples.

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Editorial Review

About the Author

Stefan G. Hofmann, Ph.D., is an Associate Professor of Psychology at the Department of Psychology at Boston University and the director of the social anxiety program at the Center for Anxiety and Related Disorders. Hofmann is co-president of the Anxiety Disorders Special Interest Group of the Association for the Advancement of Behavior Therapy (AABT).

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