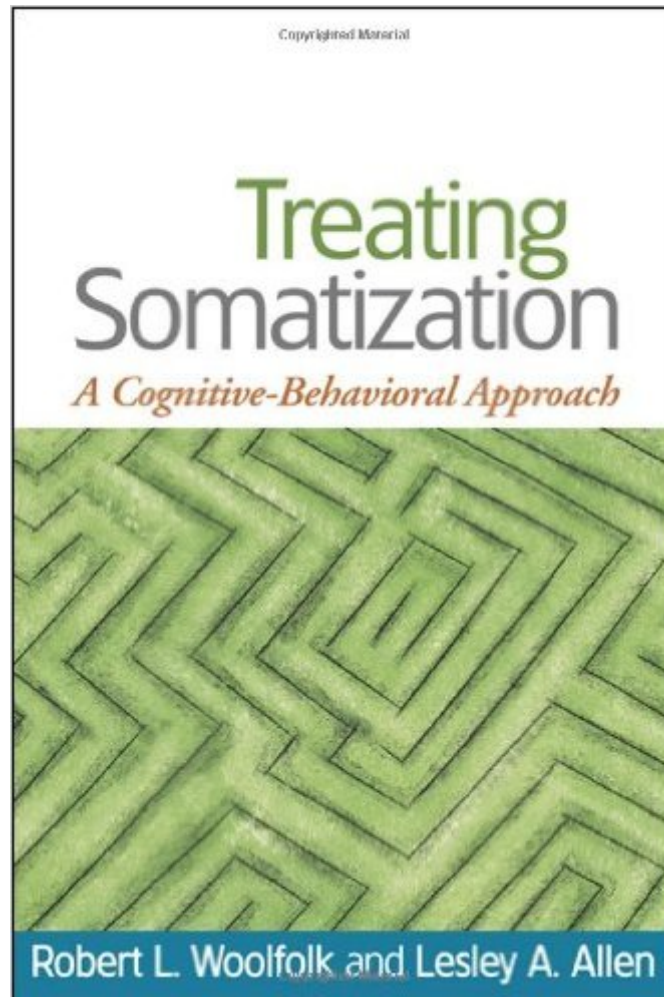


The book was found

Treating Somatization: A Cognitive-Behavioral Approach



Synopsis

This lucidly written guide presents an innovative approach for treating somatization disorder and related problems, such as fibromyalgia, irritable bowel syndrome, and chronic fatigue syndrome. The authors' program integrates cognitive-behavioral techniques with strategies to build emotional self-awareness and interventions to help patients understand and alter their illness behavior. Systematic yet flexible, it is supported by controlled clinical research. The book reviews the conceptual underpinnings of the approach, discusses its ongoing testing and refinement, and offers clear-cut guidelines for assessment and treatment. Special features include illustrative case material, many pointers for practice, and reproducible appendices that provide a 10-session mini-manual and helpful handouts and forms.

Book Information

Hardcover: 226 pages

Publisher: The Guilford Press; 1 edition (October 13, 2006)

Language: English

ISBN-10: 1593853505

ISBN-13: 978-1593853501

Product Dimensions: 6.4 x 0.8 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars Â Â See all reviews Â (8 customer reviews)

Best Sellers Rank: #940,314 in Books (See Top 100 in Books) #108 in Â Books > Health, Fitness & Dieting > Mental Health > Dissociative Disorders #1064 in Â Books > Textbooks > Social Sciences > Psychology > Cognitive Psychology #1477 in Â Books > Medical Books > Psychology > Mental Illness

Customer Reviews

If you are a therapist interested in treating patients with somatic symptoms, this book will prove valuable and instructive. The authors do a great job of explaining how to approach these sensitive clients and treat their stress which is exacerbating the somatic symptoms. It instructs how to do deep breathing, muscle relaxation, somatic journals, etc. and the intervention program is empirically supported. (If you have been diagnosed with somatization disorder, don't expect this book to be an easy read or that it was designed to help sufferers. It has graduate-level psychology/physiology wording that may be overwhelming or difficult to understand.)

As a clinical psychologist, I run into somatoform disorders regularly, but there are few good resources for treating these individuals. This book is clear, straightforward, and not too long/dense. I like the approach and descriptions.

This is a great book that gives a nice, research-based approach to the treatment of Somatization in patients in primary care. However, due to the nature of the book, it is very much based on a one-sided approach (CBT) and provides limited information on other methods of treatment.

This is the best book on the topic that I have encountered to date: clear, well organized, with patient examples, and helpful. It's unsaid truth includes that no one knows definitively how to cure somatization, but given that, this is a pretty darned good approach. If you find any better book, I'd love to know.

[Download to continue reading...](#)

Treating Somatization: A Cognitive-Behavioral Approach
Treating PTSD With Cognitive-Behavioral Therapies: Interventions That Work
Treating Visceral Dysfunction: An Osteopathic Approach to Understanding and Treating the Abdominal Organs
Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach
Therapist Guide (Treatments That Work)
Managing Chronic Pain: A Cognitive-Behavioral Therapy Approach: Workbook (Treatments That Work)
When Children Refuse School: A Cognitive-Behavioral Therapy Approach
Therapist Guide (Treatments That Work)
Managing Social Anxiety: A Cognitive-Behavioral Therapy Approach (Treatments That Work)
Of Space and Mind: Cognitive Mappings of Contemporary Chicano/a Fiction (Cognitive Approaches to Literature and Culture)
Learn: Cognitive Psychology - How to Learn, Any Skill or Subject in 21 Days! (Learn, Learning Disability, Learning Games, Learning Techniques, Learning ... Learning, Cognitive Science, Study)
ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders)
Cognitive Behavioral Therapy: Techniques for Retraining Your Brain, Break Through Depression, Phobias, Anxiety, Intrusive Thoughts (Training Guide, Self-Help, Exercises)
The Cognitive Behavioral Workbook for Anxiety: A Step-By-Step Program
When a Family Member Has OCD: Mindfulness and Cognitive Behavioral Skills to Help Families Affected by Obsessive-Compulsive Disorder
Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions
Cognitive Behavioral Therapy: Break Through Depression, Free Yourself From Anxiety, And Understand Why You Don't "Feel Normal" - UNLEASH YOUR

INNER GREATNESS Cognitive-Behavioral Therapy for Adult ADHD The Mindfulness Workbook for
OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive
Behavioral Therapy (New Harbinger Self-Help Workbooks) The Anxiety and Worry Workbook: The
Cognitive Behavioral Solution Cognitive-Behavioral Treatment of Borderline Personality Disorder
Cognitive-Behavioral Social Skills Training for Schizophrenia: A Practical Treatment Guide

[Dmca](#)