

Mastery Of Your Anxiety and Panic: Map-3 Panic Attack Records: Includes 3 Packs of 50 Panic Attack Record Forms (Treatments That Work)



Map-III is a systematic cognitive-behavioral program, which uses behavioral self-monitoring to increase awareness of circumstances that trigger panic symptoms. Clients learn specific intervention skills, including how to slow down physiological reactivity through breathing retraining and muscle relaxing training; how to de-catastrophise through actual prediction testing; and how to lessen fearfulness through exposure to feared sensations in safe settings. The Mastery of Your Anxiety and Panic - Third Edition (MAP-III) program updates, extends, and improves on the previous program in numerous ways. The material is presented in such a way that the client can understand the appropriate information in a clear and understandable manner. This edition also contains new and better-informed rationales guided not only by new scientific developments but also by the extensive experience of practitioners who have used the MAP treatment program with thousands of clients around the world. In addition, all of the monitoring forms assigned to clients have been substantially redesigned to provide greater ease of use and more relevant information. Finally, the MAP-3 client workbooks have been completely rewritten at a more accessible reading level to make the material easier for all clients to understand. These Panic Attack Records Forms accompany the Client Workbook for the Mastery of Your Anxiety and Panic (ISBN 0195186974).

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