Contents

About the Author viii
Foreword x
Preface xiii
Acknowledgements xvi

1 An Integrative Approach for Understanding and Treating Anxiety Disorders 1
   Overview 1
   Introduction 1
   Self-Wounds Model of Anxiety Disorders 2
   Summary 13

2 Integrated Therapy for Anxiety Disorders 14
   Overview 14
   Integrated Therapy 14
   Cognitive Hypnotherapy for Anxiety Disorders 16
   Summary 52

3 Social Anxiety Disorder (Social Phobia) 54
   Case of Betty 54
   Diagnostic Criteria for Social Anxiety Disorder (Social Phobia) 55
   Prevalence of Social Anxiety Disorder 56
   Causes of Social Anxiety Disorder 57
   Treatment of Social Anxiety Disorder 58
   Cognitive Hypnotherapy for Social Anxiety Disorder 59
   Summary 77

4 Specific Phobia 79
   Case of Mandy 79
   Diagnostic Criteria for Specific Phobia 80
Contents

Prevalence of Specific Phobia 80
Causes of Specific Phobia 81
Treatment of Specific Phobia 83
Cognitive Hypnotherapy for Specific Phobia 84
Summary 103

5 Panic Disorder 104
Case of Harry 104
Diagnostic Criteria for Panic Disorder 105
Prevalence of Panic Disorder 106
Causes of Panic Disorder 106
Treatments for Panic Disorder 108
Cognitive Hypnotherapy for Panic Disorder 109
Summary 139

6 Generalized Anxiety Disorder 141
Case of Fred 141
Diagnostic Criteria for Generalized Anxiety Disorder 142
Prevalence of Generalized Anxiety Disorder 143
Causes of Generalized Anxiety Disorder 144
Treatment of Generalized Anxiety Disorder 144
Cognitive Hypnotherapy for Generalized Anxiety Disorder 146
Summary 175

7 Agoraphobia 176
Case of Margaret 176
Diagnostic Criteria for Agoraphobia 177
Prevalence of Agoraphobia 178
Causes of Agoraphobia 178
Treatment of Agoraphobia 181
Cognitive Hypnotherapy for Agoraphobia 184
Summary 207

8 Separation Anxiety Disorder 208
Case of Andrew 208
Diagnostic Criteria for Separation Anxiety Disorder 209
Prevalence of Separation Anxiety Disorder 210
Causes of Separation Anxiety Disorder 211
Treatment of Separation Anxiety Disorder 212
Cognitive Hypnotherapy for Separation Anxiety Disorder 213
Case of Fran 233
Summary 239
## Contents

9 Selective Mutism 241

*Case of Jessica* 241

*Diagnostic Criteria for Selective Mutism* 243

*Prevalence of Selective Mutism* 243

*Causes of Selective Mutism* 244

*Treatment of Selective Mutism* 245

*Cognitive Hypnotherapy for Selective Mutism* 246

*Summary* 275

10 Conclusions and Future Directions 276

Appendix A 278

Appendix B 280

References 285

Index 319