Index

AA see Alcoholics Anonymous
ABC model 6
Abeles, M. et al. 175
Abramowitz, J. S. 104
Abramson, L. Y. 123
acceptance 35, 39
    generalized anxiety disorder and worry 115, 117–18
    obsessive compulsive disorder 97, 102–4
    pain management 173–4
acceptance and commitment therapy (ACT) 39
ACT see acceptance and commitment therapy
activity log/diary 131–3
affective neuroscience 11, 12
agoraphobia
    age of onset 64
    avoidance and 67
    DSM-IV 64
    empirical support 77
    exposure 72–6, 78
    lifetime prevalence 63
    Mobility Inventory 43
    panic attacks and 62–3
    panic disorder and 63–4
    pharmacotherapy 62, 65, 77, 78
    psychoeducation 69
    tracking treatment progress 43
treatment strategies 67–76
see also panic disorder
alcohol problems 2, 135–49
    see also panic disorder
    alcohol abuse 136
    alcohol dependence 136
    cognitive dissonance 141
    cognitive restructuring 138, 140–2
    contingency reinforcement 138, 146–7
    cue exposure 138, 145
    definition of the disorder 136
    diagnostic criteria 136
    empirical support 148–9
    motivational enhancement therapy 25, 138, 142–5, 148–9
    percentiles for alcohol use 140
    Project MATCH 148–9
    psychoeducation 138–40
    social support 145
    Timeline Followback Calendar 44
    tracking treatment progress 44
    traditional cognitive behavioral therapy 148–9
    treatment model 136–8
    treatment strategies 138–47
    Twelve Step Facilitation Therapy 145, 146, 148–9
Alcoholics Anonymous (AA) 145, 146
Alford, B. A. 134
Allen, J.P. et al. 148
Alloy, L. B. 123

Stefan G. Hofmann. © 2011 Stefan G. Hofmann. Published 2011 by Blackwell Publishing Ltd.
Altman, L. K. 4
amygdala 10, 13, 14
Ansfield, M. E. et al. 178–9
antecedent-focused strategies 16
antidepressants
  anxiety neurosis 65
  depression 10–11, 133–4, 174
  insomnia 188
  obsessive compulsive disorder 93
  pain management 174
  panic and agoraphobia 62
  phobias 58–9
Antony, M. M. 59
anxiety disorders xvi, 2, 7
  exposure and 41, 53–6
  schemas 36
  see also generalized anxiety disorder; panic disorder; phobias; social anxiety disorder
anxiety sensitivity 66
anxiolytic medications 58–9, 104
Arntz, A. 104
Asmundson, G. J. 39, 173
aspirin 10
assessment 27–8
  diaries 27
  family and social history 28
  history of problem 28
  primary complaints 27
  psychiatric history 28
  Structured Clinical Interview for DSM-IV (SCID-IV) 27
attention and situation modification 34, 35
  depression 127
  erectile dysfunction 155–6
  generalized anxiety disorder and worry 109–10
  obsessive compulsive disorder 97–8
  panic disorder 69–70
  phobias 52–3
  social anxiety disorder 85–6
automatic thoughts xi, 2, 3, 5–6, 18, 21, 30
  changing 37–8
  depression 125
  identifying 36
  probability overestimation and 19
  resistance 31
autonomic nervous system 13
avoidance xi, 35
  anxiety 22, 53–6
  defining 74–6
  experiential avoidance 15, 35, 39, 51
  panic disorder 74–6
  phobias 53–6
avoidance strategies 41
  effect 22
  experiential 22
  generalized anxiety disorder and worry 107, 115, 116
  goal 22
  obsessive compulsive disorder 104
  panic and agoraphobia 67, 74, 75, 76
  phobias 51, 54, 58
  social anxiety disorder 81, 84, 86, 91
  worrying 107
avoidant personality disorder 80, 81
  see also social anxiety disorder
Axis II 80
Baer, R. 38
Baker, S. 145
Bandura, A. 26, 42
Barlow, D. H. 11, 59, 63, 77, 78, 119, 155
Beach, S. R. H. 124
Beck, Aaron T. 2–4, 5–6, 12, 17, 30, 36, 16, 30, 36, 38, 44, 77, 127, 134
Beck Depression Inventory 44
behavioral activation 17, 34–5, 40, 131–3
behavioral modification 34–5, 39–40
Bem, D. J. 22
Bennett, R. M. et al. 166
beta-blockers 80, 81
Bishop, M. et al. 38
black-and-white thinking 32
Borkovec, T. D. 107, 113, 118, 119
Bradley, B. P. 50, 52
breathing retraining 35, 39
generalized anxiety disorder and
worry 114–15
pain management 171
panic disorder 39, 40–1, 70–1
phobias 51, 53
yoga breathing 114–15, 171
Breslin, F. C. et al. 44
Bruce, M. L. 124
Burns, D. D. 32
Butler, A. C. et al. 133
Campbell-Sills, L. et al. 117
Carlsmith, J. M. 22, 141
Carney, C. E. 44, 189
Carver, C. S. et al. 126
catastrophic thinking 20, 31–2, 33, 36
depression 125
insomnia 183, 184
obsessive compulsive disorder 94, 96, 97, 99–100
pain management 167, 168, 169, 170
panic disorder 71
social anxiety disorder 20
Chambless, D. L. et al. 43
change
cost-benefit analysis 24
readiness for 23
stages 23–4
transtheoretical model 23–4
Choy, Y. et al. 58, 59
chronic pain see pain management
Cioffi, D. 15
Clark, David M. 65, 77, 83, 179
Clements, C. M. 123
cognitive dissonance theory 138, 141
cognitive reactivity
depression 130
cognitive reappraisal studies 13–14
cognitive restructuring 34, 35–8
alcohol problems 138, 140–2
depression 127–9
erectile dysfunction 158–9
generalized anxiety disorder and
worry 113
insomnia 182–4
obsessive compulsive disorder 97, 99–100
pain management 170–1
panic disorder 67, 71–3, 77
phobias 51, 52
probability overestimation 99–100
social anxiety disorder 86–8
compulsions 94, 96
see also obsessive compulsive
disorder
conditional assumptions 36–7
conditioned stimulus (CS) 40–1
contingency reinforcement
alcohol problems 138, 146–7
control 42
Cook, M. 49
core belief worksheet 38
core beliefs 2–3, 5, 18, 30, 37
see also cognitive restructuring;
maladaptive cognitions; schemas
Coyne, J. C. et al. 122
Craske, M. G. 59, 64, 78, 119
Cropley, M. L. 124
CS see conditioned stimulus
cue exposure
alcohol problems 138, 145
Cutler, H. C. 39, 130
d-cycloserine (DCS) 11, 59, 78, 92, 104
DaCosta’s syndrome 39
Dalai Lama 39, 130
Daley, D. C. 149
### Index

**Darymple, K. L.** 83  
**Davey, G. C. L.** 49  
**Davis, M.** 41, 42  
**DCS** see d-cycloserine  
**decentering** 16  
**depression** 1–2, 3, 7–8, 18, 93, 121–34  
12-month prevalence rate 122  
activity log/diary 131–3  
age of onset 122  
antidepressants 10–11, 133–4, 174  
assessment 28  
attributional bias 123  
automatic thoughts 125  
Beck Depression Inventory 44  
behavioral activation 17, 34, 40, 131–3  
catastrophic beliefs 125  
cognitive reactivity 130  
cognitive restructuring 127–9  
definition of the disorder 122–3  
depressive realism 3, 123  
duration 122  
emotion-focused strategies 126  
empirical support 133–4  
gender distribution 122  
interpersonal context 122, 124–5  
interpersonal therapy (IPT) 122–3, 124  
lifetime prevalence rate 122  
loving-kindness meditation 130–1  
maintaining factors 7–8, 23, 28  
maladaptive cognitions 36, 122, 125, 127–9  
marital problems and 121, 122, 124, 127  
meditation 129–31  
mindfulness practices 38, 129, 130  
pharmacotherapy 10–11, 133–4, 174  
problem-focused strategies 126  
psychoanalytical views 9  
psychoeducation 127–9  
relapse and recurrence 122  
secondary gain 28  
self-report inventory 44  
self-serving attributional bias 123  
serotonin and 10  
situation modification 127  
social context 122, 124  
stress and 7, 124  
suicide 2, 121–2, 130  
tracking treatment progress 44  
treatment model 123–5  
treatment strategies 126–33  
unipolar 44, 93, 122  
depressive realism 3, 123  
DeRubeis, R. J. *et al.* 134  
Diagnostic and Statistical Manual of Mental Disorders, 4th edition see DSM-IV  
diary  
activity log/diary 131–3  
assessment and 27  
positive events log 38  
sleep log 44, 185, 189  
diathesis-stress model of psychopathology 7  
distancing 16  
Dobson, K. S. *et al.* 134  
downward arrow technique 36, 38  
drug companies xvi, 4  
DSM-IV (Diagnostic and Statistical Manual of Mental Disorders, 4th edition)  
agoraphobia 64  
assessment criteria 27  
generalized anxiety disorder 106  
insomnia 178  
panic attacks 62  
panic disorder 63, 64  
phobias 48  
Structured Clinical Interview for DSM-IV (SCID-IV) 27  
Eccleston, C. *et al.* 175  
Edinger, J. D. 44, 188, 189  
effort syndrome 39  
Ehlers, A. *et al.* 64
Ellis, Albert 2, 3, 4, 6, 12
Emery, G. 77
emotion regulation strategies 14–17
  antecedent-focused 16
decentering 16
distancing 16
  response-focused 16
emotional cues 13, 16
emotional reasoning 21–2, 33–4, 36, 82, 108, 115, 125
emotions 11–12
  Gross’s process model 16
  neurobiology of 13–14
  tripartite model 22
empathy 25
empirical support 12
  agoraphobia 77
  alcohol problems 148–9
  depression 133–4
  erectile dysfunction 162–3
  generalized anxiety disorder and worry 118–19
  insomnia 188–9
  obsessive compulsive disorder 104
  pain management 174–5
  panic disorder 77–8
  phobias 58–9
  social anxiety disorder 91–2
Epictetus 4, 5
epigenetics 7
Epstein, E. E. 140, 149
erectile dysfunction 151–63
  adequate stimulation 159–60
  age and 153
  attention and situation modification 155–6
  cognitive restructuring 158–9
  definition of the disorder 152–3
  empirical support 162–3
International Index of Erectile Function 44
  prevalence rate 152
primary psychogenic dysfunctions 152
psychoeducation 156–7
relaxation 160–1
secondary psychogenic dysfunctions 152
sensate focus 161
sildenafil (Viagra) 153, 161, 163
stress and 151, 152, 160
tracking treatment progress 44
treatment model 153–4
treatment strategies 154–9
experiential avoidance 15, 35, 39, 51
exposure 35, 41–2
  agoraphobia 72–6, 78
  anxiety disorders and 41, 53–6
  attentional focus 89
  emotional arousal 88–9
  examples of tasks 90
  exposure hierarchy 56–8, 103
  generalized anxiety disorder and worry 115–17
  goal settings 89–90
  gradual exposures 76
  in vivo exposure 51, 58, 78, 90
  mirror exposures 89
  nongradual massed exposures 76
  obsessive compulsive disorder 97, 102–4
  panic disorder 73–6, 78
  phobias 51, 53–8
  public speaking 91
  re-evaluation of social presentation 89
  social anxiety disorder 84, 88–91
  video feedback 89
  virtual reality 58, 59
extinction 41–2
Fear Survey Schedule-III 43
feedback 31
  positive feedback loop 21–2, 35, 82, 108
  video feedback 89
Festinger, L. 22, 141
fibromyalgia 166, 175
Field, A. P. 49
fight-or-flight response 13
fluoxetine 91–2
Foa, E. B. 96, 104
Fordyce, W. E. 166
fortune teller error 33
Freeston, M. H. et al. 96
Freudian psychoanalysis 2, 3, 9

GAD and worry see generalized anxiety disorder (GAD) and worry
Gamsa, A. 166
Garfield, E. 77
generalized anxiety disorder (GAD)
and worry 36, 105–19
acceptance 115, 117–18
age of onset 106
attention and situation modification 109–10
avoidance 107
breathing retraining 114–15
cognitive restructuring 113
definition of the disorder 106–7
DSM-IV criteria 106
empirical support 118–19
ethnicity and 106
exposure 115–17
gender distribution 106
insomnia see insomnia
meditation 113–15
metacognitions 108
mindfulness practices 38, 114, 119
motivational interviewing 25–6
Penn State Worry Questionnaire 44
probability overestimation 19, 116
psychoeducation 111–13
relaxation 113–15
tracking treatment progress 44
treatment model 107–8
treatment strategies 109–18
yoga breathing 114–15
genetic predisposition 7
Gilbert, D. 124

Gloaguen, V. 133
Glombiewski, J. A. et al. 175
Goldenberg, D. L. 174
Gotlib, I. H. 122
Gräfenberg, Ernst 157
Greenberger, D. 36
Gross, J. 14, 16
Gross’s process model of emotions 16
guided discovery 18
guided questioning 18

Hammen, C. L. 122
harmful dysfunction mental disorder as 8
Harrison, J. 95
Harvey, A. G. 179
Hauser, W. et al. 174
Hayes, S. C. 16, 38, 39, 173
headaches 10
health anxiety probability overestimation 19
Heiman, J. 163
Heimberg, R. G. 83, 92
Herbert, J. D. 83
Higgins, S. T. 147
Hodgson, R. J. 43
Hofmann, S. G. 11, 38, 39, 49, 64, 77, 80, 83, 92, 104, 106, 118, 119, 173, 175
Hollon, S.D. 134
Holloway, J. 15
Hope, D. A. 92
Horney, Karen 3
Hu, S. 107
hyperventilation 39, 65, 70, 71
hypocapnia 70
imipramine 65, 77, 78
initiating factors 6–8
pain 169
insomnia 177–89
age of onset 178
catastrophic thinking 183, 184
cognitive load 178–9

cognitive restructuring 182–4
definition of the disorder 178–9

DSM-IV criteria 178

empirical support 188–9
general insomnia 178

meditation 180, 185–6

mindfulness practices 180

pharmacotherapy 188

physical exercise 188

primary insomnia 178, 181

progressive muscle relaxation 185

psychoeducation 180–2

relaxation 185–6

sleep hygiene 187–8

sleep log 44, 185, 189

sleep restriction 185

stimulus control 180, 184–5

tracking treatment progress 44
treatment model 179

treatment strategies 179–88

worrying and 183–4

International Index of Erectile Function 44

interoceptive cues 49

interpersonal therapy (IPT) 122–3, 124

IPT see interpersonal therapy

irritable heart syndrome 39

John, O. P. 16
Johnson, V. E. 156, 161
Joiner, E. et al. 130

jumping to conclusions 33

Kabat-Zinn, J. 38, 101
Kaplan, H. S. 152, 153, 163
Kessler, R. C. et al. 48, 94, 106, 122, 136

Kinsey Institute 156

Klein, D. F. 65, 70
Klein, H. M. 65

Koerner, N. et al. 49
Koster, E. 95

Kozak, M. J. 96, 104
Kushner, M.G. 104

Lacks, P. 188

Ladouceur, R. et al. 107

Lang, P. J. 43

Lasker Award 4

Laumann, E. O. et al. 152, 153, 156, 158

Lazarus, R. S. 126

Leahy, R. L. 119, 134

LeBlanc, M. et al. 178

LeDoux, Joseph 11, 13, 14

Leiblum, S. R. 152, 156, 162

Levenson, R. W. 14, 16

Ley, R. A. 70

Liebowitz, M.R. 43

Liebowitz Social Anxiety Scale 43

LKM see loving-kindness meditation

log see diary

LoPiccolo, J. 163

loving-kindness meditation (LKM) 34, 38–9
depression and 130–1

pain management 171

see also meditation

McCracken, L. M. et al. 173, 175

McCready, B. S. 140, 149

MacLeod, A. K. 124

MacLeod, C. et al. 52

McNally, R. J. 66

maintaining factors 6–8
depression 7–8, 23, 28

pain 167–8, 169

maladaptive

meaning 8

maladaptive cognitions xi, 3, 6, 8, 12, 20, 21

black-and-white thinking 32
catastrophic thinking see
catastrophic thinking categories 31–4

challenging 30–1
maladaptive cognitions (cont’d)
core beliefs 30
depression 36, 122, 125, 127–9
disqualifying the positives 32
evergetalization 21–2, 33–4,
82, 108, 115, 125
focusing on negatives 32
identifying 30, 36, 42
jumping to conclusions 33
metacognitions 36, 108
overgeneralization 33
personalization 32
probability overestimation 19, 31–2,
36, 71, 72–3, 99–100, 116
restructuring see cognitive
restructuring
substitution 20, 31
testing validity 31
see also core beliefs
Marcus Aurelius 4
Marcus, D. A. 175
Margraf, J. 77
marital problems 35
alcohol problems and 136
depression and 121, 122, 124,
127
Marlatt, G. A. 149
Masters, W. H. 156, 161
Maudsley Obsessional Compulsive
Inventory 43
MBT see mindfulness-based therapy
Means, M. K. 188
medication see pharmacotherapy
meditation 16, 34, 38–9
depression 129–31
generalized anxiety disorder and
worry 113–15
insomnia 180, 185–6
loving-kindness meditation 34,
38–9, 130–1, 171
obsessive compulsive disorder 95,
97–8, 101–2
pain management 171
see also mindfulness practices
Melbourne Academic Mindfulness
Interest Group 38
Melnik, T. et al. 162
Melzack, R. 166
mental disorders
as biological entities 9–10
defining 8–9
evidence of 8
as harmful dysfunction 8
as medical entities 9
psychoanalysis and 9
Menzies, R. G. 49
Menzulis, A. et al. 123
MET see motivational interviewing/
motivational enhancement
therapy
metacognitions 36, 108
Meuret, A. M. et al. 70
Meyer, T. J. et al. 44
Miller, W. R. 25, 26, 143
mind reading error 33
mindfulness-based therapy (MBT) 38
mindfulness practices 16, 38
depression 38, 129, 130
effect size 38
generalized anxiety disorder and
worry 38, 119
insomnia 180
obsessive compulsive disorder 95,
97–8, 101–2
sexual problems 162
see also meditation
Mineka, S. 49
mirror exposures 89
Mischel, W. 123
Mobility Inventory 43
model of CBT 21
Mogg, K. 50, 52
monitoring sheets 45
monitoring treatment changes 42–5
Morin, C. 188
Morin, C. M. 188, 189
Morita, S. 174
Morita therapy 173
Morrow, J. 15
motivational interviewing/
   motivational enhancement
   therapy (MET) 24–5, 142–5
alcohol problems 25, 138, 142–5, 148–9
develop discrepancy 25, 143
express empathy 25, 142
generalized anxiety disorder 25–6
goal 26
obsessive compulsive disorder 25
roll with resistance 26, 143
substance use disorders 25
support self-efficacy 26–7, 143
Mowrer, O.H.
   two-stage theory of fear
development 49
Myers, K. M. 41, 42
National Institute on Alcohol Abuse
   and Alcoholism 140
neurobiology of emotions 13–14
neurocirculatory asthenia 39
neurotransmitters 9–10
Nolen-Hoeksema, S. 15
Norberg, M. M. et al. 11
Nowinski, J. 145
obsessions 25, 94, 97
obsessive compulsive disorder (OCD)
   93–104
   acceptance 97, 102–4
   age of onset 94
   antidepressants 93
   attention and situation modification
   97–8
   avoidance strategies 104
   catastrophic thinking 94, 96, 97, 99–100
   cognitive restructuring 97, 99–100
   compulsions 94, 96
   definition of the disorder 94–5
   empirical support 104
   exposure 97, 102–4
gender distribution 94
lifetime prevalence rate 94
Maudsley Obsessional Compulsive
   Inventory 43
mindfulness meditation 95, 97–8, 101–2
motivational interviewing 25
pharmacotherapy 93, 104
probability overestimation 99–100
psychoeducation 97, 98–9
relaxation 97, 101–2
suppression and 95, 96, 98–9
thought-action fusion (TAF) 16–17, 94–5, 99, 104
tracking treatment progress 43
treatment model 95–6
treatment strategies 97–104
OCD see obsessive compulsive disorder
Ochsner, K. N. et al. 13
Öhman, A. 49, 50
O’Leary, K. D. 124
Öst, L. G. et al. 58
Otis, J. D. 176
Otto, M. W. 78, 83, 92
overgeneralization 33
Padesky, C. A. 36
pain management 2, 165–76
   acceptance 173–4
   antidepressants 174
   breathing retraining 171
   catastrophic thinking 167, 168, 169, 170
   chronic lower back pain 175
   cognitive restructuring 170–1
   definition of the disorder 166
   empirical support 174–5
   fibromyalgia 166, 175
   initiating factors 169
   loving-kindness meditation 171
   maintaining factors 167–8, 169
   meditation 171
   models of pain 166
pain management (cont’d)
   Morita therapy 173, 174
   Pain Catastrophizing Scale 44
   pharmacotherapy 165, 168, 174–5
   progressive muscle relaxation 171–3
   psychoeducation 168–70
   relaxation 171–3
   stress 167, 168–9, 170, 171–2
   suppression 15
   tracking treatment progress 44
   treatment model 166–7
   treatment strategies 167–74

panic attacks
   agoraphobia and 62–3
   bodily symptoms 64, 65, 66, 67, 71, 73
   definition of the disorder 62
   DSM-IV 62
   flight-flight response 68
   panic disorder and 62–3, 64
   pharmacotherapy 62, 65, 77, 78
   phobias and 48, 62, 64
   public speaking 64
   relaxation and 40–1
   situational trigger 62, 64
   situationally bound/cued 62
   situationally predisposed 62
   social anxiety disorder 64, 81
   types 62
   unexpected/uncued 62

panic disorder 61–78
   age of onset 64
   agoraphobia and 63–4
   see also agoraphobia
   anxiety sensitivity 66
   attention and situation modification 69–70
   avoidance 74–6
   breathing retraining 39, 40–1, 70–1
   catastrophic thinking 71
   cognitive model 65, 66
   cognitive restructuring 67, 71–3, 77
   diagnosis 63–4
   diagnostic syndrome 65
   DSM-IV 63, 64
   empirical support 77–8
   expectancy model 66
   exposure 73–6, 78
   heart palpitations xi, 19
   hyperventilation 65, 70, 71
   lifetime prevalence rate 63
   panic attacks and 62–3, 64
   pharmacotherapy 62, 65, 77, 78
   probability overestimation 19
   psychoeducation 67–9
   relaxation and 40–1
   tracking treatment progress 43
   treatment model 65–6
   treatment strategies 67–76

Panic Disorder Severity Scale 43
   paroxetine 80
   Penn State Worry Questionnaire 44
   personalization 32
   pharmacotherapy 8–9
   antidepressants see antidepressants
   anxiolytic medications 58–9, 104
   beta-blockers 80, 81
   CBT compared xvi, 8, 12
   combined with CBT 10–11
   d-cycloserine (DCS) 11, 59, 78, 92, 104
   depression 10–11, 133–4, 174
   drug companies xvi, 4
   fluoxetine 91–2
   generalized anxiety disorder and
   worry 105
   imipramine 65, 77, 78
   insomnia 188
   obsessive compulsive disorder 93, 104
   pain management 165, 168, 174–5
   panic and agoraphobia 62, 65, 77, 78
   paroxetine 80
   phobias 58–9
   preference for xvi-xvii
   propranolol 80
   Prozac 10
serotonin reuptake inhibitors 10, 62
sexual problems 153
sildenafil (Viagra) 153, 161, 163
social anxiety disorder 80, 81, 86
SSRIs 10
testing xvii
phobias 47–59
acquisition 49
animal type 48
antidepressants 58–9
attention and situation modification 52–3
attentional bias 50, 52
avoidance 53–6
avoidance strategies 51, 54, 58
biological relevance of stimuli 49
blood-injection-injury type 48, 58
breathing retraining 51, 53
cognitive processes 49–50
cognitive restructuring 51, 52
definition of the disorder 48–9
development 49
driving phobia 62, 63, 64
DSM-IV 48
empirical support 58–9
ethnicity and 48
evolutionary explanations 48–9, 50, 52
exposure 51, 53–8
exposure hierarchy 56–8
virtual reality 58, 59
Fear Survey Schedule-III 43
flying phobia 52, 58, 59, 64
gender distribution 48
harm expectancy 50
hyperarousal 51
information pathways 49
interoceptive cues 49
learning pathways 49
lifetime prevalence rate 48
medication 58–9
Mowrer’s two-stage theory of fear development 49
natural environment type 48
non-associative pathways 49
panic attacks and 48, 62, 64
perceptions of predictability and controllability 50
pharmacotherapy 58–9
psychoeducation 51, 52
situational type 48
social phobia see social anxiety disorder
spider phobia 47, 48, 50, 51, 52, 53, 56–7, 62
tracking treatment progress 43
treatment model 49–50
treatment strategies 51–8
vicarious learning and 49
virtual reality 58, 59
physiological arousal 6, 14, 40, 56, 167, 168, 169, 180, 185
placebo effect 12, 41
positive events log 38
positive feedback loop 21–2, 35, 82, 108
post-traumatic stress disorder (PTSD) 7
Poulton, R. 49
prefrontal cortex 14
premature ejaculation 153
therapeutic strategies 162
probability overestimation 19, 31–2, 36, 71, 72–3, 99–100, 116
problem focus 29–30
Prochaska, J. O. et al. 23, 141, 142
progressive muscle relaxation 171–3, 185
Project MATCH 148
propranolol 80
prostaglandins 10
Prozac 10
psychiatry 8–11
psychoanalysis 2, 3, 9
psychodynamic therapy 9
psychoeducation
agoraphobia 69
alcohol problems 138–40
psychoeducation (cont’d)
  depression 127–9
  erectile dysfunction 156–7
  generalized anxiety disorder and worry 111–13
  insomnia 180–2
  obsessive compulsive disorder 97, 98–9
  pain management 168–70
  panic disorder 67–9
  phobias 51, 52
  social anxiety disorder 83–5
  White Bear experiment 15, 98–9
psychopathology xv–xvi
  diathesis-stress model 7
PTSD see post-traumatic stress disorder
public speaking anxiety 64, 86, 91, 107
role of CBT therapist 18, 29, 89, 142
Rollnick, S. 25, 26, 143
Rosen, R. C. et al. 44, 152, 156, 162
Roth, W. T. et al. 39
Rothbaum, B. O. et al. 58
Ruscio, A. M. 118, 119
Rusting, C. L. 15
SAD see social anxiety disorder
Salkovskis, P. M. 95, 96
Schachter, S. 22
schemas 2–3, 5, 18, 21, 36
  see also cognitive restructuring; core beliefs; maladaptive cognitions
Schweitzer, P. K. 188
SCID-IV see Structured Clinical Interview for DSM-IV
secondary gain of disorder 28
Segal, Z. V. et al. 38, 129, 130
selective serotonin reuptake inhibitors (SSRIs) 10
self-control 42
self-efficacy 26–7, 42, 143, 148
self-exploration 18
self-fulfilling prophecy 35, 113
self-statements 6
Seligman, M. E. P. 49, 123
sensate focus 161
serotonin 10
serotonin reuptake inhibitors 10, 62
sexual problems 7
  age and 153
  anorgasmia 162
categorization 152
definition of the disorder 152
demographic characteristics 153
erectional dysfunction see erectile dysfunction
ethnicity and 153
gender distribution 152, 153
marriage and 153
mindfulness practices 162
orgasmic disorders 152
pharmacotherapy 153
premature ejaculation 153, 162
prevalence rate 152–3
sexual arousal disorder 152
sexual desire disorder 152
sexual pain disorders 152
therapeutic strategies 162
sexual response cycle 152
Shafran, R. et al. 16, 94
Shakespeare, William 4
Sharpless, B. 113
Shear, M.K. et al. 43
Silberman, S. 189
sildenafil (Viagra) 153, 161, 163
Silverman, K. 147
Singer, J. E. 22
situation modification see attention
and situation modification
sleep log 44, 185, 189
sleep problems see insomnia
Smits, A. J. A. J. 41, 77, 104, 118, 119
smoking 23, 141, 153
social anxiety disorder (SAD) 20,
79–92
age of onset 80
assessment 28
associated problems 80
attention and situation modification
85–6
avoidance strategies 81, 84, 86, 91
avoidant personality disorder 80,
81
catastrophic thinking 20
cognitive restructuring 86–8
definition of the disorder 80–1
diagnosis 80–1
empirical support 91–2
exposures 84, 88–91
gender distribution 80
interpersonal relationships 83
lifetime prevalence rate 80
panic attacks 64, 81
pharmacotherapy 80, 81, 86
psychoeducation 83–5
tracking treatment progress 43
treatment model 81–2, 83
treatment strategies 82–91
Socratic dialogue 18, 30, 36, 72, 183
Solomon, D. A. et al. 122
Spaeth, M. 166
SSRIs see selective serotonin reuptake
inhibitors
stimulus control 180, 184–5
Stinson, F. S. 48
stress
depression and 7, 124
diathesis-stress model of
psychopathology 7
erectile dysfunction and 151, 152,
160
interpersonal stressors 124
pain and 167, 168–9, 170, 171–2
PTSD 7
Structured Clinical Interview for
DSM-IV (SCID-IV) 27
substance use disorders 7, 136, 153
motivational enhancement 25
see also alcohol problems
suicide 2, 17, 121–2, 130
Sullivan, M. J. L. 167
suppression 9, 14–15
acceptance strategies and 39
obsessive compulsive disorder and
95, 96, 98–9
pain 15
White Bear experiment 15, 98–9
see also repression
sympathetic arousal 15
Szasz, Thomas 8
TAF see thought-action fusion
thalamus 13
therapist-client relationship 29
Thorn, B. F. 44, 176
thought-action fusion (TAF) 16–17,
94–5, 99, 104
Timeline Followback Calendar 44
transtheoretical model of change
23–4
Index

TSF see Twelve Step Facilitation Therapy
Turk, C. L. 92
Twelve Step Facilitation (TSF) Therapy 145, 146, 148–9

unconditioned stimulus (US) 40, 41, 42
US see unconditioned stimulus

van Oppen, P. 104
Viagra 153, 161, 163
video feedback 89
virtual reality 58, 59

Waddell, G. 166
Wakefield, Jerome 8, 8
Wall, P. 166
Walsh, J. K. 188

Watson, J. B. 41
Wegner, Daniel 15, 95, 98
Weissman, M. et al. 122
Wells, A. 83, 108
Whisman, M. A. 124
White Bear experiment 15, 98–9
Whittal, M. L. et al. 104
Wilhelm, S. et al. 104
Wolitzky-Taylor, K. B. et al. 58
Wolpe, J. 43
worry see generalized anxiety disorder and worry

yoga
breathing 70, 114–15, 171
sexual problems and 162

Zilbergeld, B. 156