



# **Treatment Plans and Interventions for Depression and Anxiety Disorders, 2e (Treatment Plans and Interventions for Evidence-Based Psychot)**

*Robert L. Leahy PhD, Stephen J. F. Holland PsyD, Lata K. McGinn PhD*

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This widely used book is packed with indispensable tools for treating the most common clinical problems encountered in outpatient mental health practice. Chapters provide basic information on depression and the six major anxiety disorders; step-by-step instructions for evidence-based assessment and intervention; illustrative case examples; and practical guidance for writing reports and dealing with third-party payers. In a convenient large-size format, the book features 74 reproducible client handouts, homework sheets, and therapist forms for assessment and record keeping. The CD-ROM enables clinicians to rapidly generate individualized treatment plans, print extra copies of the forms, and find information on frequently prescribed medications.

## New to This Edition

- \*The latest research on each disorder and its treatment.
- \*Innovative techniques that draw on cognitive, behavioral, and mindfulness- and acceptance-based approaches.
- \*Two chapters offering expanded descriptions of basic behavioral and cognitive techniques.
- \*More than half of the 74 reproducibles are entirely new.



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