



Integrative CBT for Anxiety Disorders: An Evidence-Based Approach to Enhancing Cognitive Behavioural Therapy with Mindfulness and Hypnotherapy

Assen Alladin

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Integrative CBT for Anxiety Disorders applies a systematic integrative approach, Cognitive Hypnotherapy (CH), to the psychological treatment of anxiety disorders; it demonstrates how simple techniques can be used to create a therapeutic context within which CBT is more effective.

- An evidence-based approach to enhancing CBT with hypnosis and mindfulness when treating anxiety disorders shows how simple techniques can be used to create a therapeutic context within which CBT can become more effective
- Offers detailed and comprehensive coverage for practitioners, with specific protocols for each anxiety disorders covered and a hort case study per treatment chapter in order to demonstrate the approach in action
- Anxiety disorders is an area where the interaction between conscious and unconscious processes is especially important, and where the use of hypnotherapeutic and mindfulness techniques can therefore be especially effective
- Builds on the author's research and experience and develops his significant earlier work in this area – notably *Cognitive Hypnotherapy: An Integrated Approach to the Treatment of Emotional Disorders* (Wiley, 2008)

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