

# CHAPTER 9

## SECTION 3

# Chapter 9 Section 3 D Reading

**Michelle G. Craske, David H. Barlow**



### Chapter 9 Section 3 D Reading:

*1969 Census of Agriculture*, 1973      *Census of Agriculture, 1969*, 1974      **1969 Census of Agriculture** United States. Bureau of the Census, 1972      *Mastery of Your Anxiety and Panic* Michelle G. Craske, David H. Barlow, 2022 Research on the efficacy of nonpharmacological treatments for the various anxiety disorders has been ongoing for over three decades at our institutions the Center for Anxiety and Related Disorders at Boston University and the University of California Los Angeles Anxiety Disorders Behavioral Research Program Developments in the conceptualization of panic attacks and panic disorder PD in the 1980s and 1990s made possible significant improvements in the psychological treatment of PD and the development of panic control treatment PCT a treatment for panic disorder Since then a substantial body of evidence on the efficacy of this intervention and closely related variants containing very similar components has accumulated and it is stipulated as a first line treatment of choice in clinical practice guidelines from the American Psychiatric Association and the National Institute for Health and Care Excellence NICE which produces guidelines for the National Health Service in the UK aPa 2009 NICE 2019 In 2013 PCT was evaluated as meeting the criteria for an Evidence Based Program by the Division of Quality and Performance Improvement of the Substance Abuse and Mental Health Services Administration SAMHSA of the Public Health Service in the United States Similarly the Society of Clinical Psychology of the American Psychological Association 1998 rated the evidence as strong in supporting PCT as an evidence based intervention for panic disorder After the first strong evidence for the efficacy of this approach began to appear e g Barlow et al 1989 we recognized the value of a guide outlining the treatment procedures Hence the *Mastery of Your Anxiety and Panic Workbook* and *Mastery of Your Anxiety and Panic Therapist Guide* were written and have now been revised Now in its fifth edition the revised client workbook is written in a style suitable for the client s direct use usually under the supervision of a trained professional although it can be used in a self help format particularly for less severe cases      **A Journal of the Proceedings of the Senate of the ... General Assembly of the State of Florida, at Its ... Session** Florida. Legislature. Senate, 1858  
*Journal of the Proceedings of the Common Council* Detroit (Mich.). City Council, 1857      **Federal Register**, 2003  
**Journal of the American Pharmaceutical Association** American Pharmaceutical Association, 1914      *Journal* Kentucky. General Assembly. Senate, 1871      *The Code of Alabama. 1876*, 1877      *Journal of the Common Council, ...* Detroit (Mich.). Common Council, 1859      *Baptist Missionary Magazine*, 1875      **Justice of the Peace**, 1903      **Journal of the Senate of the State of Michigan** Michigan. Legislature. Senate, 1873      **An Old Testament Commentary for English Readers: Deuteronomy, Joshua, Judges, Ruth, Samuel** Charles John Ellicott, 1897      *Wisconsin Journal of Education*, 1872      *Home Needlework Magazine*, 1915      *Journal of the Senate* Iowa. General Assembly. Senate, 1902  
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