



# Mastery of Your Specific Phobia: Client Workbook (TherapyWorks)

*Martin M. Antony, Michelle G. Craske, David H. Barlow*

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Specific phobias are some of the most prevalent of anxiety disorders. *Mastery of Your Specific Phobia* helps clients become active participants as they explore the nature of specific phobias including definitions, prevalence, and causes of phobias, and learn proven strategies for overcoming phobias, including exposure-based and cognitive techniques for reducing fear.

An empirically-supported, cognitive-behavioral treatment program designed for patients diagnosed with a specific phobia, according to DSM-IV criteria. The program describes treatment strategies for a variety of specific phobias including: animal phobias, natural environment phobias, situational phobias, blood, injection, or injury phobias and other phobias.

The *Client Workbook* is intended to assist the client with the treatment program. It educates clients as to the nature of specific phobias and includes definitions, prevalence data, and causes. The *Client Workbook* also provides effective phobia-specific strategies for overcoming phobias, including exposure-based and cognitive techniques for reducing fear. The client monitoring forms support specific tasks assigned in the course of the program.

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