



Krankheitsbild Angst. Zur Entstehung und Behandlung von Angststörungen (German Edition)

Stefanie Scheck, Felix Möller, Katja Küchemann, Bernhard R Lubberger, Stephan Polowinski

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Fachbuch aus dem Jahr 2013 im Fachbereich Psychologie - Klinische u. Gesundheitspsychologie, Psychopathologie, , Sprache: Deutsch, Abstract: Jeder kennt das Gefühl der Angst. Aber was, wenn die Angst zur Krankheit wird? Viele Menschen leiden im Laufe ihres Lebens unter einer behandlungsbedürftigen Angststörung. Mittlerweile gibt es allerdings sinnvolle Therapieansätze, die Betroffenen helfen.

In diesem Band werden die unterschiedlichen Formen der Angststörung vorgestellt, Behandlungsmethoden diskutiert und anhand von Beispielen erläutert.

Aus dem Inhalt: Formen der Angststörungen, Panikstörungen, Entstehung von Angststörungen, Klassifikation und Diagnostik, Therapiemöglichkeiten, Psychoanalytische Therapie, Verhaltenstherapie, Konditionierung, Modelllernen, Blut-Verletzungs-Katastrophen-Phobie, Hundephobie.

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