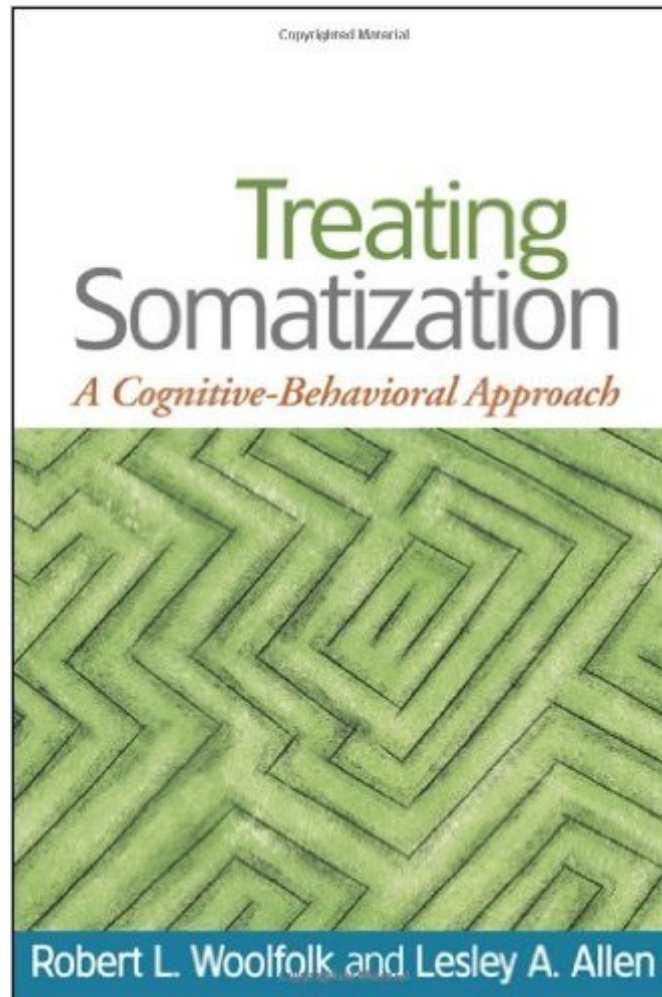


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# Treating Somatization: A Cognitive-Behavioral Approach



## Synopsis

This lucidly written guide presents an innovative approach for treating somatization disorder and related problems, such as fibromyalgia, irritable bowel syndrome, and chronic fatigue syndrome. The authors' program integrates cognitive-behavioral techniques with strategies to build emotional self-awareness and interventions to help patients understand and alter their illness behavior. Systematic yet flexible, it is supported by controlled clinical research. The book reviews the conceptual underpinnings of the approach, discusses its ongoing testing and refinement, and offers clear-cut guidelines for assessment and treatment. Special features include illustrative case material, many pointers for practice, and reproducible appendices that provide a 10-session mini-manual and helpful handouts and forms.

## Book Information

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## Customer Reviews

If you are a therapist interested in treating patients with somatic symptoms, this book will prove valuable and instructive. The authors do a great job of explaining how to approach these sensitive clients and treat their stress which is exacerbating the somatic symptoms. It instructs how to do deep breathing, muscle relaxation, somatic journals, etc. and the intervention program is empirically supported. (If you have been diagnosed with somatization disorder, don't expect this book to be an easy read or that it was designed to help sufferers. It has graduate-level psychology/physiology wording that may be overwhelming or difficult to understand.)

As a clinical psychologist, I run into somatoform disorders regularly, but there are few good resources for treating these individuals. This book is clear, straightforward, and not too long/dense. I like the approach and descriptions.

This is a great book that gives a nice, research-based approach to the treatment of Somatization in patients in primary care. However, due to the nature of the book, it is very much based on a one-sided approach (CBT) and provides limited information on other methods of treatment.

This is the best book on the topic that I have encountered to date: clear, well organized, with patient examples, and helpful. It's unsaid truth includes that no one knows definitively how to cure somatization, but given that, this is a pretty darned good approach. If you find any better book, I'd love to know.

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