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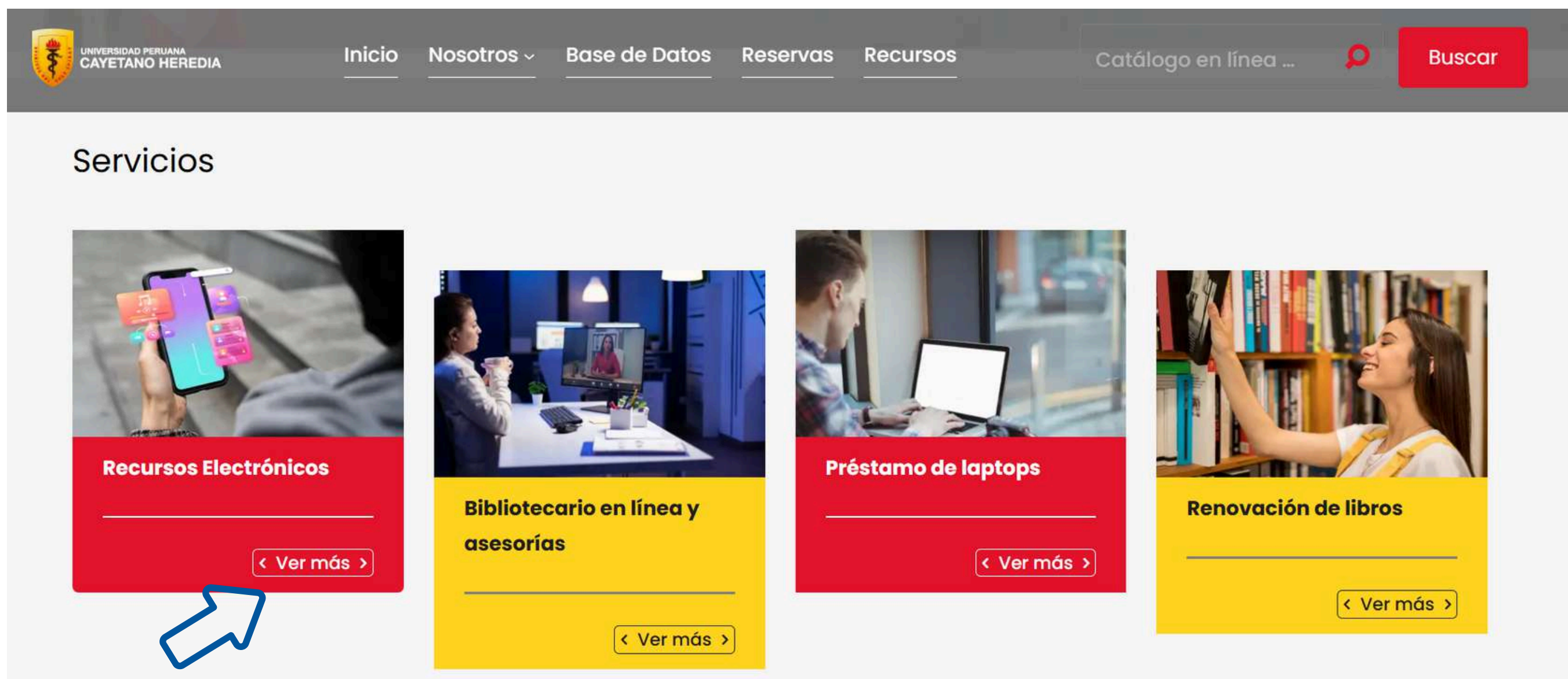
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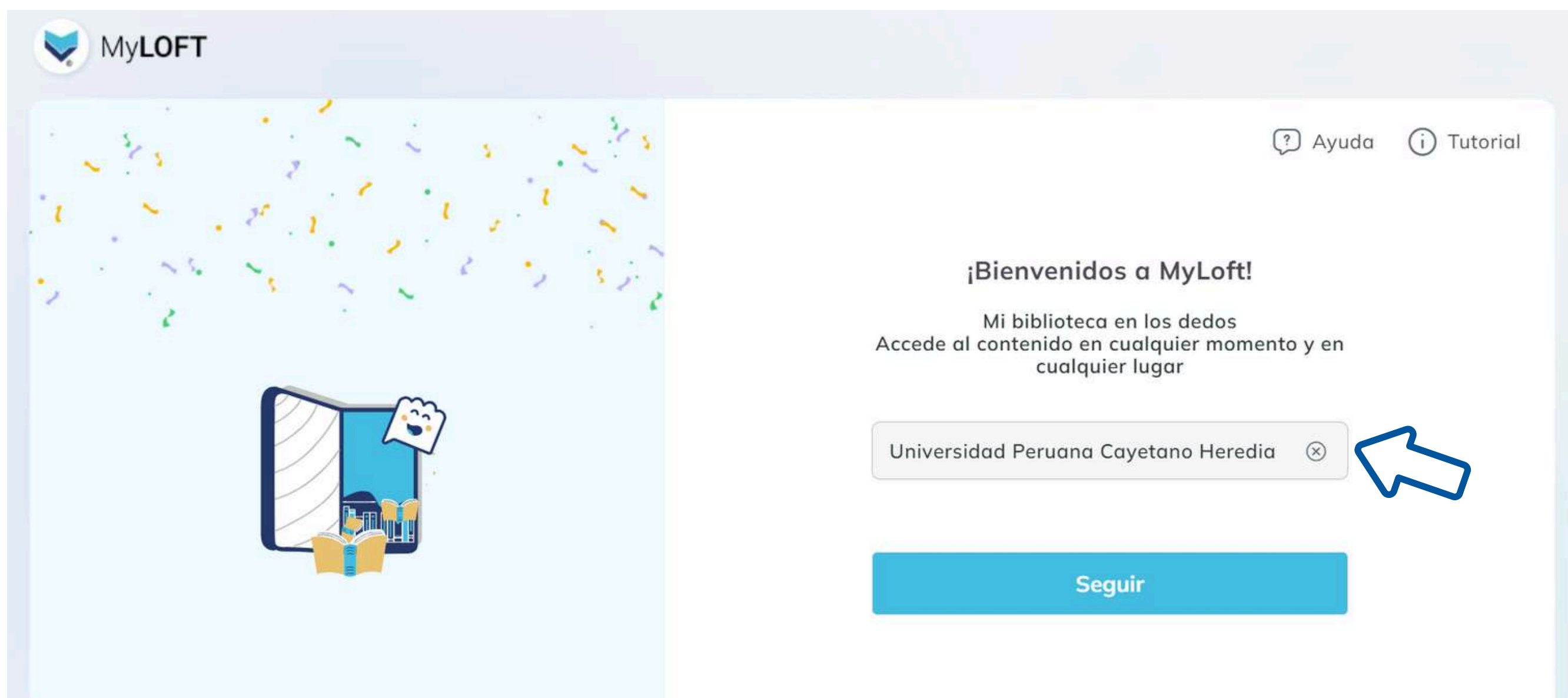
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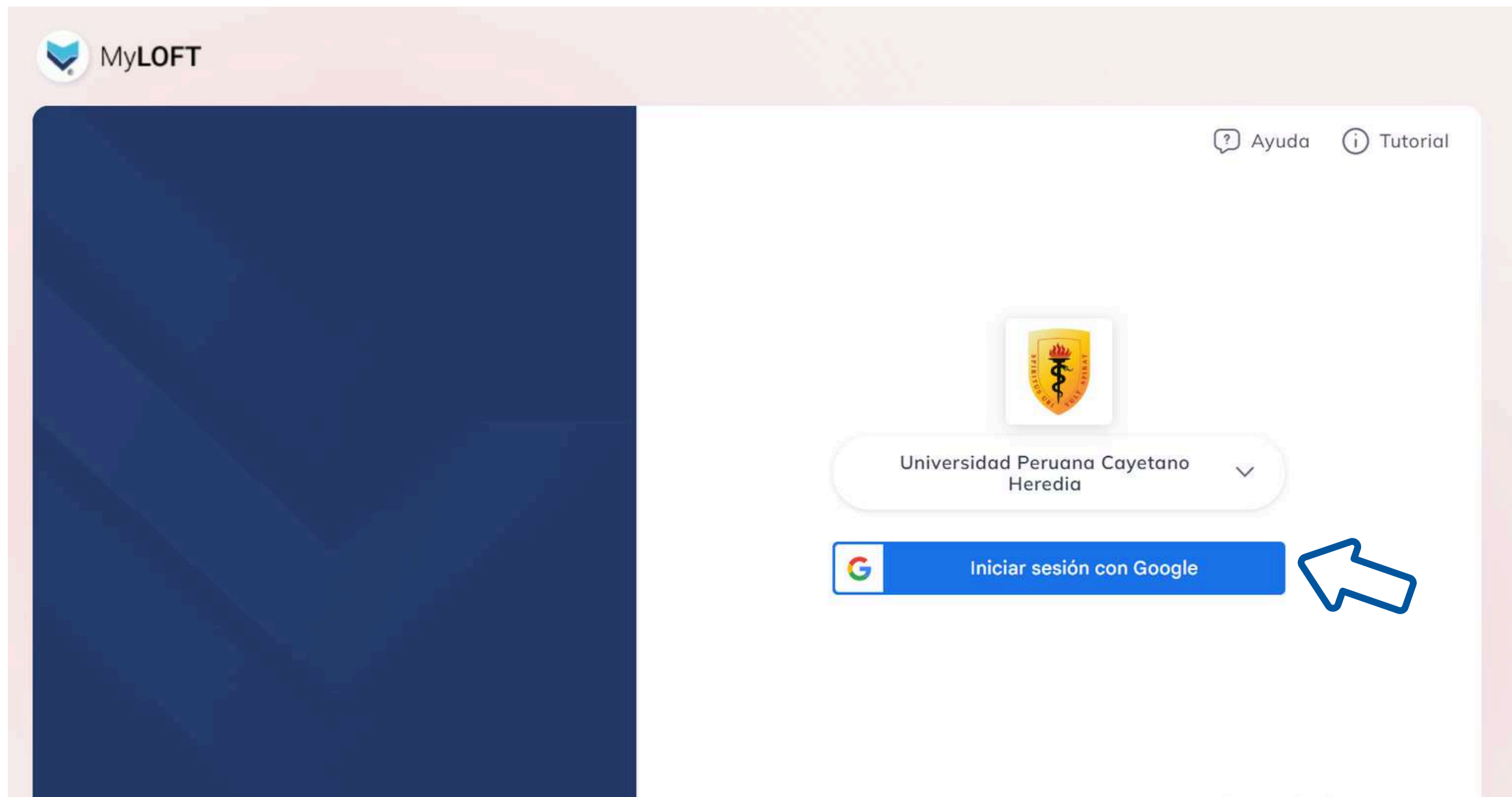
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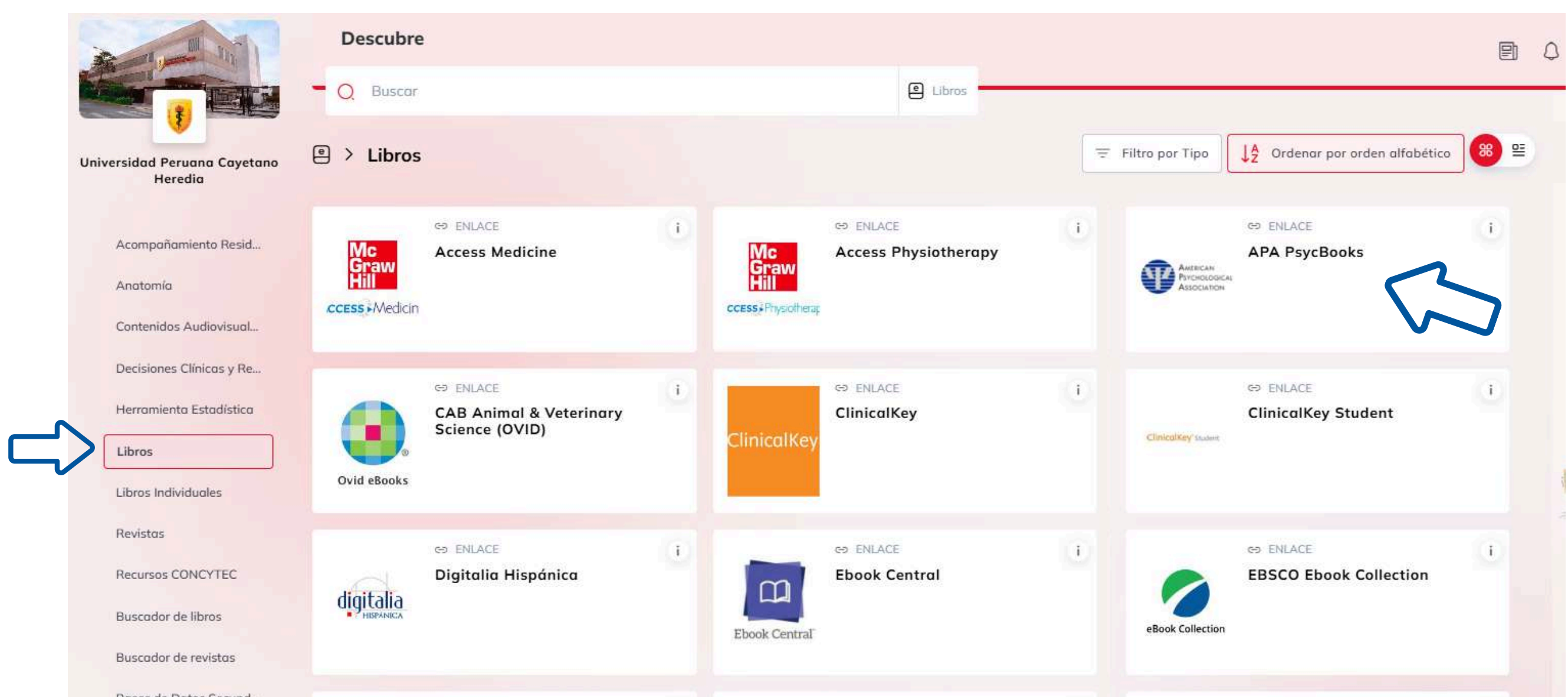
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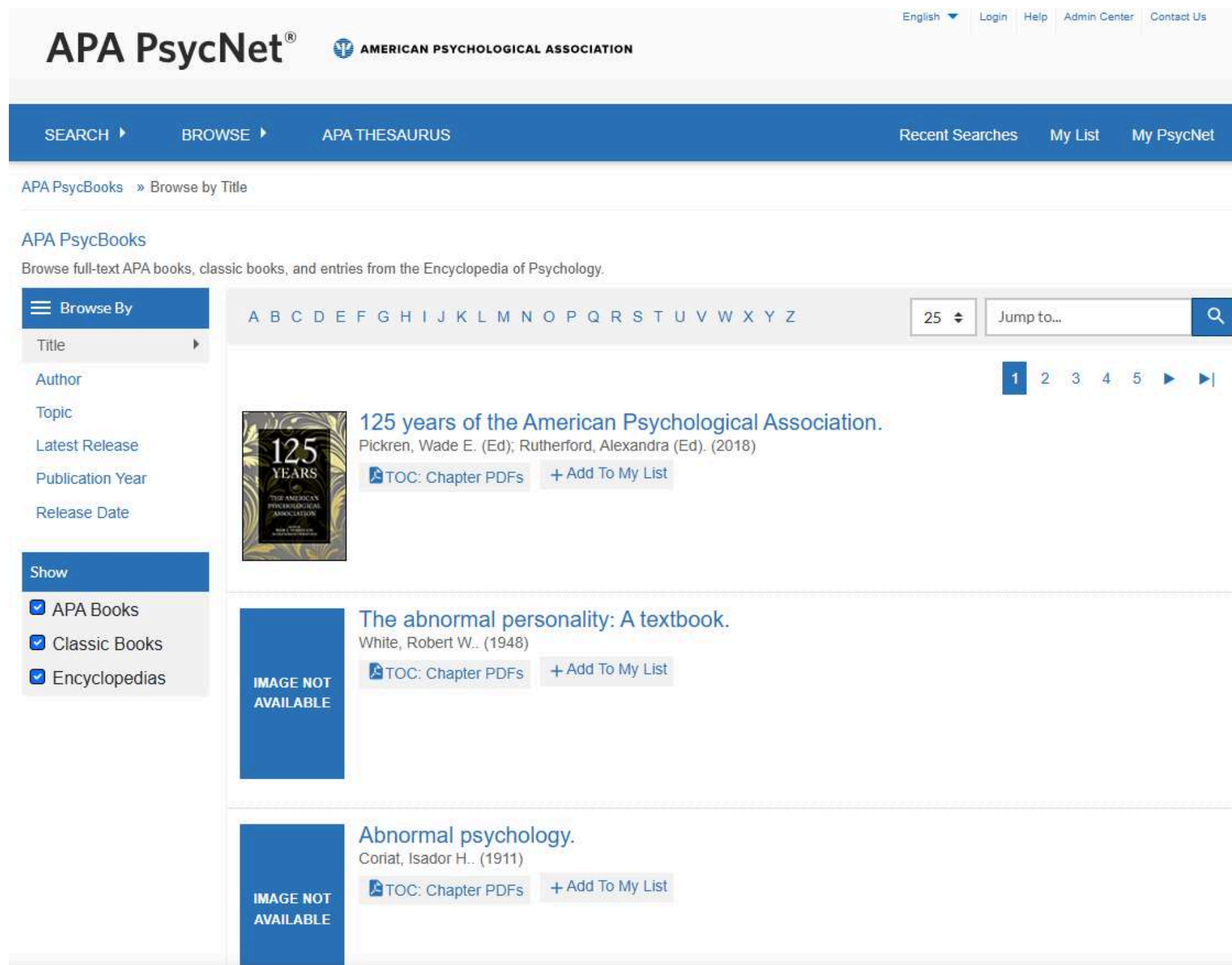
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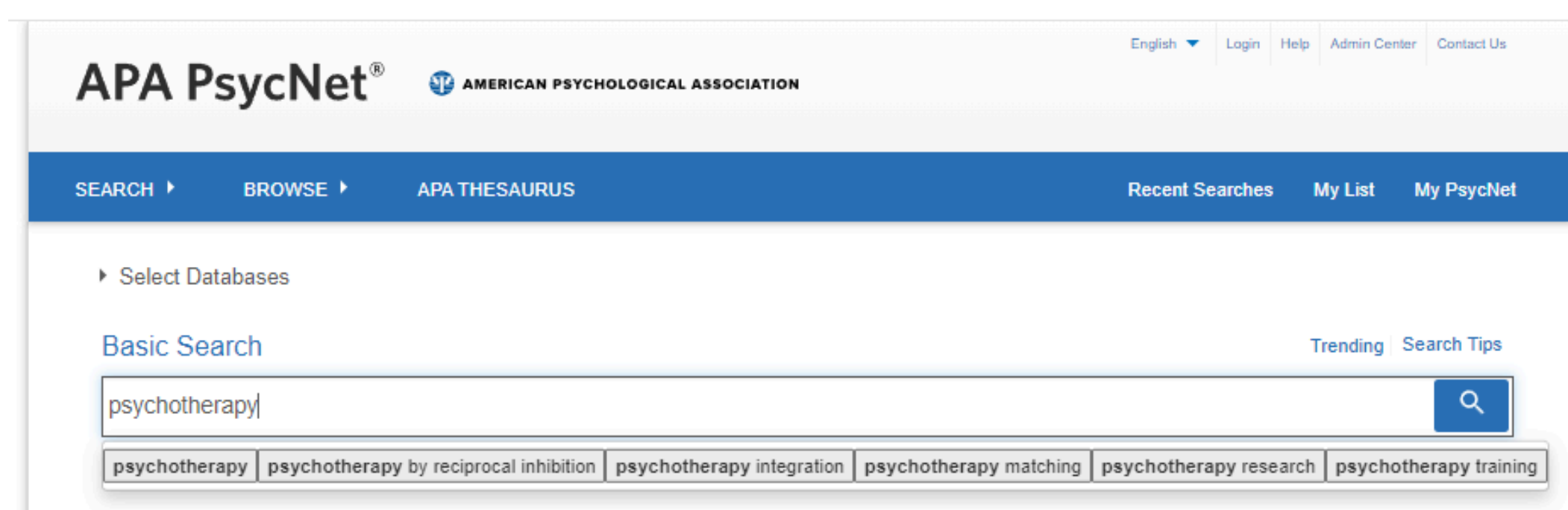


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Digite el término, el sistema de búsqueda predictiva le mostrará sugerencias, dé clic en búsqueda.



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Búsqueda avanzada

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Digite los términos de búsqueda, seleccione los campos en los que desea realizar, desde la lista desplegable, por ejemplo autor, año, etc.

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Select Databases

Advanced Search

health in Any Field

AND therapy in Any Field + add row

AND anxiety in Any Field x

AND Watson in Any Field x

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clear form

Search Tools

- Author Lookup
- Journal Lookup
- Test Lookup

Recent Searches

Any Field: psychotherapy

Trending

- Aggressive Behavior
- Antisocial Personality Disorder
- Juvenile Delinquency
- Opioid Use Disorder
- Binge Drinking

Date

All years to present Added to APA PsycNet in the last 7 days

2010 to 2025

Para visualizar el contenido, dé un clic en la opción **TEXTO COMPLETO EN PDF**.

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14 Results for Any Field: health AND Any Field: therapy AND Any Field: anxiety AND Any Field: Watson AND Year: 2010 To 2025

EDIT SEARCH + NEW SEARCH

All (14) PsycArticles (10) PsycBooks (2) PsycTests (2) PsycTherapy (0)

Search Within Results

Filter Results

- Publication Type
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Show All Abstracts

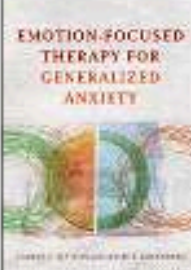
1. Book **Emotion-focused therapy for generalized anxiety.**
 Watson, Jeanne C., Greenberg, Leslie S.
 Washington, DC, US: American Psychological Association Emotion-focused therapy for generalized anxiety (2017).
 x 266 pp.
<https://doi.org/10.1037/0000018-000>

Abstract References TOC: Chapter PDFs Cited By 57 + Add To My List

Se muestra el libro en capítulos para descargar

Emotion-focused therapy for generalized anxiety.

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 Watson, J. C., & Greenberg, L. S. (2017). *Emotion-focused therapy for generalized anxiety*. American Psychological Association. <https://doi.org/10.1037/0000018-000>

Generalized anxiety disorder (GAD) — characterized by near-constant worry that often coincides with intense feelings of shame and despair — is a highly treatment-resistant disorder, with clients often relapsing after making some progress. Master therapists Jeanne Watson and Leslie Greenberg argue, however, that emotion-focused therapy (EFT) is uniquely capable of targeting the maladaptive emotional schemes that underlie GAD and helping clients maintain lasting, positive change. In this practical guide, Watson and Greenberg teach mental health practitioners how to employ EFT methods in their work with GAD clients. The authors first review EFT's conceptualization of GAD, emphasizing the key role that emotion plays in pervasive anxiety. They then translate those foundational principles into detailed techniques and strategies as they walk readers through the EFT process, beginning with the establishment of a healing therapeutic relationship. Chapters review different stages of EFT, describing specific therapeutic exercises, such as empty-chair and two-chair tasks, that allow clients to vocalize and directly address their deep-rooted emotional pain, anxieties, and relational injuries with significant others. Through this work, clients eventually learn to self-soothe and transform their maladaptive coping mechanisms into healthier ones. Sample client-therapist dialogues demonstrate how these EFT techniques can be applied in actual practice. (PsycInfo Database Record (c) 2024 APA, all rights reserved)

Front Matter Back Matter

Chapters 1 - 10

1. **Introduction.**
pp. 3-16
 Abstract

2. **Emotion-focused therapy formulation of generalized anxiety disorder.**
pp. 17-40
 Abstract

3. **The role of emotion in generalized anxiety disorder.**
pp. 41-83
 Abstract

Book TOC: Chapter PDFs

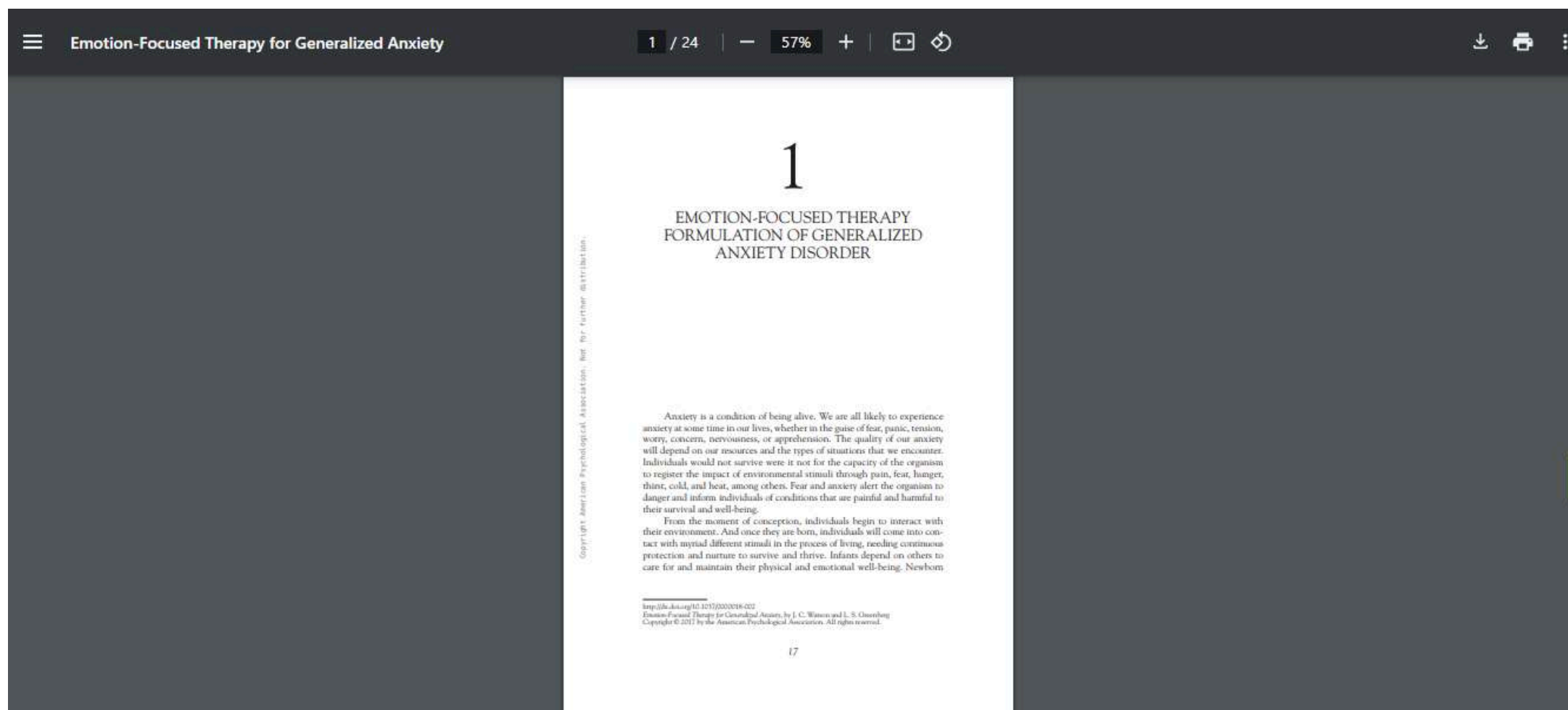
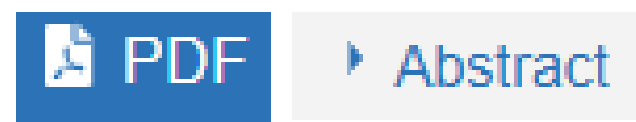
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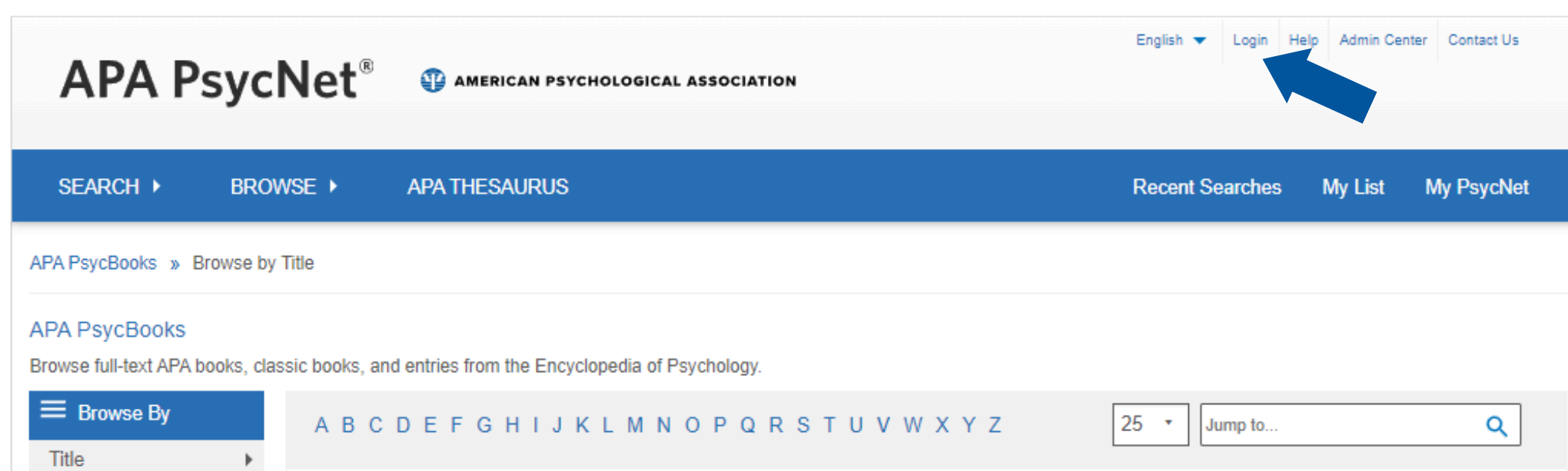
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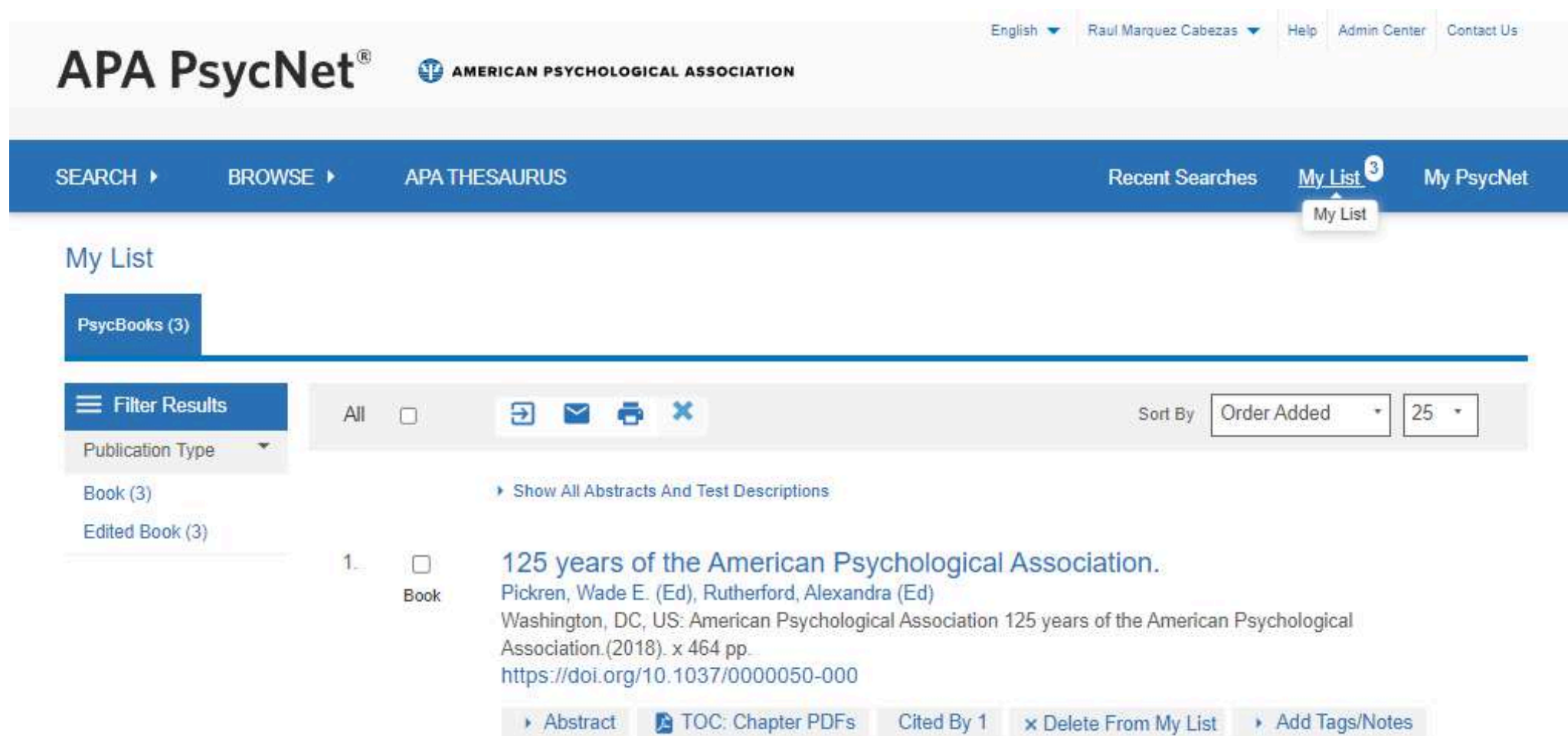
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