

## Cognitive-Behavioral Therapy for Adult Asperger Syndrome (Guides to Individualized Evidence Based Tre

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This item: Cognitive-Behavioral Therapy for Adult Asperger Syndrome (Guides to Individualized Evidence-Based by Valerie L. Gaus Hardcover \$ Only 1 left in stock - order soon. Sold by SatisfyingSplendor and ships from Amazon allamericanlocks.coms: Cognitive-Behavioral Therapy for Adult Asperger Syndrome (Guides to Individualized Evidence-Based Treatment) 1st Edition, Kindle Edition byReviews:

In her book, Cognitive-Behavioral Therapy for Adult Asperger Syndrome, Valerie Gaus has made a major contribution to the conversation. She provides a practical overview of diagnostic cues as well. An invaluable resource for therapists, this lucidly written book provides research-based strategies for addressing the core problems of Asperger syndrome (AS) and helping clients manage frequently encountered comorbidities, such as anxiety disorders and depression/5. Valerie L. Gaus, PhD, has been a practicing cognitive-behavioral therapist serving adults and adolescents with dual diagnosis (intellectual disability with comorbid psychiatric disorder), autism spectrum disorders, mood disorders, and anxiety disorders since she received her doctorate in clinical psychology from Stony Brook University in /5(1).

Jan 28, · Like, I used cognitive-behavioral strategies to deal with my anxiety and eating disorder, and it was really effective, in my opinion. I generally don't do CBT in therapy, though, I generally just talk about whatever I want to. Cognitive-Behavioral Therapy for Adult Asperger Syndrome (Guides to Individualized Evidence Based Treatment Series): Valerie L. Guides to Individualized Evidence-Based Treatment Series. Cognitive-Behavioral Therapy for Adult Asperger Syndrome. by Valerie L. Gaus. An invaluable resource for therapists, this lucid More. Want to Read. Shelving menu. Shelve Cognitive-Behavioral Therapy for Adult Asperger Syndrome. Read; Currently Reading; Want to Read; Add New.

A nxiety-related symptoms are frequent concerns in children, adolescents and adults with Aspergers and HFA, which may be treatable with Cognitive Behavioral Therapy. Anxiety is commonly found in high functioning individuals on the spectrum in particular because they have an increased awareness of their own social difficulties.

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