

## The Treatment of Anxiety Disorders. Clinical Guides and Patient Manuals

*Second Edition. By Gavin Andrews, Mark Creamer, Rocco Crino, Caroline Hunt, Lisa Lampe and Andrew Page. Pp. vii + 611. R680. Cambridge University Press. 2003. ISBN 0-521-78877-3. (Available from SAMA/HMPG. Price R680, members R650.)*

This is a handbook on the treatment of anxiety disorders that is intended for both clinicians and patients. It contains a step-by-step account of the process and problems involved in conducting cognitive-behavioural therapy in patients with anxiety disorders. Although the authors admit in their concluding chapter that the book is fairly conventional in part, it must be emphasised that this book really provides a unique and informative combination of 'clinician guides' and 'patient treatment manuals' for clinicians who treat anxious patients.

The clinician guides are concise, up-to-date reviews on non-drug treatments for each of the anxiety disorders: panic disorder and agoraphobia, social phobia, specific phobias, obsessive-compulsive disorder, generalised anxiety disorder, and post-traumatic stress disorder.

The patient treatment manuals, designed as workbooks, correspond to each of the disorders and are primarily intended for use by patients. These manuals provide a valuable forum for clinicians to work alongside patients in explaining, supervising, and supporting the treatment process. Further, the manuals are written in a format that encourages patients to continue with their own cognitive-behavioural therapy after treatment with the clinician has been terminated. Patients can proceed by using the manual and the knowledge and techniques provided by the clinician during therapy sessions. The section on post-traumatic stress disorder (which did not feature in the first edition of the book) is timely and makes a valuable contribution to the field. In addition to benefitting adults, the self-help manual can arguably also be used by adolescents with post-traumatic stress disorder.

This book goes a long way towards increasing awareness of both the art and science of conducting cognitive-behavioural therapy in clinical settings. It is a state-of-the-art, well-written and easy-to-read text for psychiatrists, clinical psychologists and general practitioners who regularly treat anxious patients. As pointed out by the authors, even hard-nosed psychopharmacologists who do not view cognitive-behaviour therapy as a first-line treatment for anxiety, will likely find this a handy resource.

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