PERSONALIZED EXPOSURE THERAPY
A Person-Centered Transdiagnostic Approach

Save 30% with promo code ASPROMP8 on oup.com/academic

*Offer is valid only on oup.com/academic

“Personalized Exposure Therapy belongs in the hands of every clinician who wants to treat fear-based disorders successfully. In clear language, Smits, Powers, and Otto bring the principles of exposure therapy to life, with compelling case examples and a clearly articulated rationale. Clinicians of all levels will find a wealth of useful, practical information in this book.”

David F. Tolin, PhD, Director, Anxiety Disorders Center, The Institute of Living

Dr. Jasper A. J. Smits is Professor of Psychology and Psychiatry at the University of Texas at Austin, where he directs a research lab and clinic that focus on the treatment of anxiety and related disorders.

Dr. Mark B. Powers is Director of Trauma Research at Baylor Scott & White, conducting federally funded projects at two Level 1 Trauma Centers including Baylor University Medical Center in Dallas and Scott & White Medical Center in Temple.

Dr. Michael W. Otto is Professor of Psychological and Brain Sciences and Senior Fellow at the Institute for Health System Innovation and Policy at Boston University.

Available from Oxford University Press
978-0-19-060245-1 | 256 pages | Paperback
Price: $45.00 $31.50* USD | £29.99–£20.99* GBP