



**Clinical Handbook of Psychological Disorders,  
Fifth Edition: A Step-by-Step Treatment Manual  
(Barlow: Clinical Handbook of Psychological  
Disorders)**

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# Clinical Handbook of Psychological Disorders, Fifth Edition: A Step-by-Step Treatment Manual (Barlow: Clinical Handbook of Psychological Disorders)

## Clinical Handbook of Psychological Disorders, Fifth Edition: A Step-by-Step Treatment Manual (Barlow: Clinical Handbook of Psychological Disorders)

This clinical reference and widely adopted text is recognized as the premier guide to understanding and treating frequently encountered psychological disorders in adults. Showcasing evidence-based psychotherapy models, the volume addresses the most pressing question asked by students and practitioners--"How do I do it?" Leading authorities present state-of-the-art information on each clinical problem and explain the conceptual and empirical bases of their respective therapeutic approaches. Procedures for assessment, case formulation, treatment planning, and intervention are described in detail. Extended case examples with session transcripts illustrate each component of treatment.

### New to This Edition

\*Incorporates treatment innovations, the latest empirical findings, and changes to diagnostic criteria in DSM-5.

\*Chapter on acceptance-based treatment of generalized anxiety disorder.

\*Chapter on comorbid depression and substance abuse, demonstrating a transdiagnostic approach.

\*Chapter on sleep disorders.

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