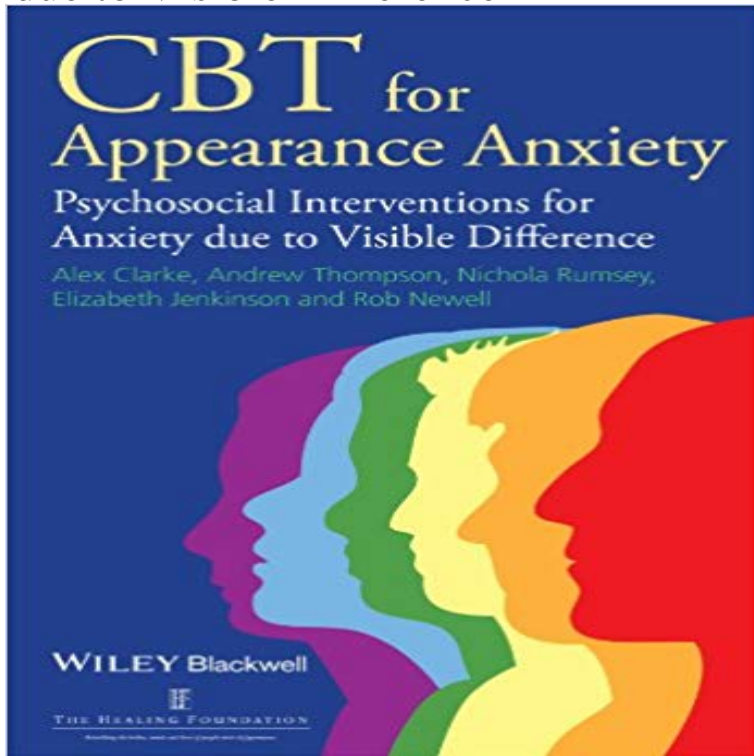


# CBT for Appearance Anxiety: Psychosocial Interventions for Anxiety due to Visible Difference



This clinical manual provides a CBT-based psychosocial intervention for use with individuals distressed about their appearance due to a disfigurement from birth, accident or illness, or those coping with another visible difference. Contains a wealth of case material with specific relevance to physical health conditions that affect appearance, practical advice on assessment, and session-by-session guidance for addressing common issues. Written by leading academics and clinicians working in the management of disfigurement and rational appearance anxiety. Uses a flexible stepped-care model that allows for use by experienced CBT practitioners as well as those wishing to deliver a more basic psychological intervention. Identifies the psychological factors involved in appearance anxiety while also addressing the practical concerns of living with a visible difference, such as managing the reactions of others.

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