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CBT for Anxiety Disorders presents a comprehensive overview of the latest anxiety disorder-specific treatment techniques contributed by the foremost experts in various CBT approaches. Summarizes the state-of-the-art CBT approaches for each of the DSM anxiety disorders Represents a one-stop tool for researchers, clinicians, and students on CBT for anxiety disorders Features world leading CBT authors who provide an up to date description of their respective treatment approaches in a succinct, and clinician-tailored, fashion

Exposure therapy is the most effective psychological treatment for anxiety, yet many clinicians lack confidence in their ability to implement it effectively while keeping clients engaged. This indispensable book provides guidelines for conducting exposure-based interventions and overcoming common roadblocks. Drawing on cutting-edge theory and research, the authors walk clinicians through assessment and treatment planning and demonstrate a wealth of specific exposure exercises. Chapters are organized around common anxiety triggers that may cut across different diagnoses, making it easier to tailor treatment to each individual's needs. Several reproducible handouts and forms can be downloaded and printed in a convenient 8 1/2" x 11" size.

This study addresses the relationship between Japanese aesthetics, a field steeped in philosophy and traditional knowledge, and anime, a prominent part of contemporary popular culture. There are three premises: (1) the abstract concepts promoted by Japanese aesthetics find concrete expression at the most disparate levels of everyday life; (2) the abstract and the concrete coalesce in the visual domain, attesting to the visual nature of Japanese culture at large; and (3) anime can help us appreciate many aspects of Japan's aesthetic legacy, in terms of both its theoretical propositions and its visual, even tangible, aspects.

This Encyclopedia was designed with the overarching goal to collect together in a single resource the knowledge generated by this interdisciplinary field, highlighting the links between science and practice. In it, scholars, health care practitioners and the general public will find a wealth of information on topics such as physical activity, stress and health, smoking, pain management, social support and health, cardiovascular health, health promotion, and HIV/AIDS. This two-volume set includes more than 200 entries on topics covering all aspects of health and behavior. In addition, the Encyclopedia of Health and Behavior includes a comprehensive set of additional resources with entries on selected organizations and an appendix with a detailed annotated listing of such organizations as well as Web sites of interest.

Cisco TelePresence™ Systems (CTS) create live, face-to-face meeting experiences, providing a breakthrough virtual conferencing and collaboration experience that transcends anything previously achievable by videoconferencing. Although the business case for deploying CTS is compelling, implementing it requires advanced knowledge of the latest networking technologies, an attention to detail, and thorough planning. In this book, four leading CTS technical experts cover everything you need to know to successfully design and deploy CTS in your environment. The authors cover every element of a working CTS solution: video, audio, signaling protocols and call processing, LAN and WAN design, multipoint, security, inter-company connectivity, and much more. They deliver start-to-finish coverage of CTS design for superior availability, QoS support, and security in converged networks. They also present the first chapter-length design guide of it's kind detailing the room requirements and recommendations for lighting, acoustics, and ambience within various types of TelePresence rooms. Cisco Telepresence Fundamentals is an indispensable resource for all technical professionals tasked with deploying CTS, including netadmins, sysadmins, audio/video specialists, VoIP specialists, and operations staff. This is the only book that: Introduces every component of a complete CTS solution and shows how they work together Walks through connecting CTS in real-world environments Demonstrates how to secure virtual meetings using Cisco firewalls and security protocols Includes a full chapter on effective TelePresence room design Walks through every aspect of SIP call signaling design, including both single-cluster and intercluster examples for use in a TelePresence environment Provides prequalification, room, and network path assessment considerations to help you anticipate and avoid problems Tim Szigeti, CCIE® No. 9794, technical leader within the Cisco® Enterprise Systems Engineering team, is responsible for defining Cisco TelePresence network deployment best practices. He also coauthored the Cisco Press book End-to-End QoS Network Design. Kevin McMenamy, senior manager of technical marketing in the Cisco TelePresence Systems Business Unit, has spent the past nine years at Cisco supporting IP videoconferencing, video telephony, and unified communications. Roland Saville, technical leader for the Cisco Enterprise Systems Engineering team, tests and develops best-practice design guides for Cisco TelePresence enterprise deployments. Alan Glowacki is a Cisco technical marketing engineer responsible for supporting Cisco TelePresence customers and sales teams. Use Cisco TelePresence Systems (CTS) to enhance global teamwork and collaboration, both within your own enterprise and with your customers, partners, and vendors Understand how the various components of the Cisco TelePresence Solution connect and work together Integrate CTS into existing LAN, enterprise, and service provider networks Successfully design and deploy a global TelePresence network Understand the importance of room dimensions, acoustics, lighting, and ambience and how to properly design the physical room environment Provide the high levels of network availability CTS requires Leverage the Cisco quality of service (QoS) tools most relevant to CTS network provisioning and deployment Systematically secure CTS using TLS, dTLS, sRTP, SSH, and Cisco firewalls This book is part of the Cisco Press® Fundamentals Series. Books in this series introduce networking professionals to new networking technologies, covering network topologies, sample deployment concepts, protocols, and management techniques. Category: IP Communications Covers: Cisco TelePresence Systems

Addressing the major issues involved in network design and architectures, this text deals primarily with systems and application as related to network system design; it also provides tutorials and surveys and relates new important research results. The intent is to provide a set of tools based on current research that will enable readers to overcome difficulties with the design and construction of communications and computer networks. Each chapter provides background information, describes and analyzes important work done in the field and provides important direction to the reader on future work and further readings. This book may be purchased as a set with its companion volume, Network Performance Modeling and Simulation, edited by Jean Walrand, Kallol Bagchi, and George W. Zobrist.

This series is devoted to the publication of monographs, lecture resp. seminar notes, and other materials arising from programs of the OSU Mathemaical Research Institute. This includes proceedings of conferences or workshops held at the Institute, and other mathematical writings.