



Cognitive-Behavioral Therapy for Adult Asperger Syndrome (Guides to Individualized Evidence Based Treatment Series)

Valerie L. Gaus PhD

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An invaluable resource for therapists, this lucidly written book provides research-based strategies for addressing the core problems of Asperger syndrome (AS) and helping clients manage frequently encountered comorbidities, such as anxiety disorders and depression. Detailed case examples illustrate the complexities of AS and the challenges it presents in daily life, relationships, and the workplace. The author presents a cogent rationale for cognitive-behavioral intervention and offers clear guidelines for conducting assessments and designing and implementing individualized treatment plans. Throughout, the emphasis is on helping people with AS decrease distress while preserving and building on their unique strengths. Special features include a case formulation worksheet and other helpful reproducibles.

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