

<<Fearing others社交焦虑>>

图书基本信息

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内容概要

Social phobia is commonly regarded as a kind of disease caused by a deficient inner mechanism, but it may also be considered as a purposeful interpersonal pattern of self-protection from social threats. Though a critical assessment of several theoretical perspectives, this book attempts to clarify social phobia by critically discussing four questions: what is social phobia, what causes it, what is its nature and what kinds of treatments can improve. Is social phobia a disease or a purposeful interpersonal pattern of self-protection from social threats? This book attempts to clarify social phobia through the critical discussion of four questions: what is social phobia, what causes it, what is its nature and what kinds of treatments can improve it?

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书籍目录

List of tables Acknowledgments Preface Part What is Social Phobia? 1 Social Phobia: a Self-Protective Interpersonal Pattern 2 The Genealogy of Social Phobia Part What is The Nature of Social Phobia? 3 Social Phobia as a Disorder of Social Anxiety 4 Social Phobia as a Disease 5 Social Phobia as a Hypothetical Construct Part What Causes Social Phobia? 6 Social Phobia as a Consequence of Brain Defects with Graciela Pineyro 7 Social Phobia as a Consequence of Cognitive Biases 8 Social Phobia as a Consequence of Inadequate Social Skills 9 Social Phobia as a Consequence of Individual History Part What Helps Social Phobic Individuals? 10 The Treatments of Social Phobia: Their Nature and Effects Part Concluding Remarks 11 Conclusions and Integration References Author Index Index

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