



# **Behavior Therapy in Psychiatric Practice: The Use of Behavioral Procedures by Psychiatrists: Vol.1**

*Joseph Wolpe, Leo Reyna*

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Behavior Therapy in Psychiatric Practice presents a list of problems dealt with in the field of psychiatry, psychology, and sociology. These issues are identified and effective therapies are suggested. Such deviant behaviors as drug addiction, irrational fears or phobias, obsessive compulsion, and sexual deviations are covered in the book.

The book discusses the experience of a real patient as a case sample and states the mode of therapy that cured the patient's abnormality. A section of the book describes the process of non-verbal factors of assertive training. Assertive training is a form of explicit verbal message modification. A chapter of the text shows the correlational study of assertiveness and anxiety. The diagnosis and treatment of Depression is fully covered. A type of therapy which is called the Family Contracting Exercise is described and taught.

The book will provide useful information to psychologists, psychiatrists, therapists, students and researchers in the field of psychology.



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